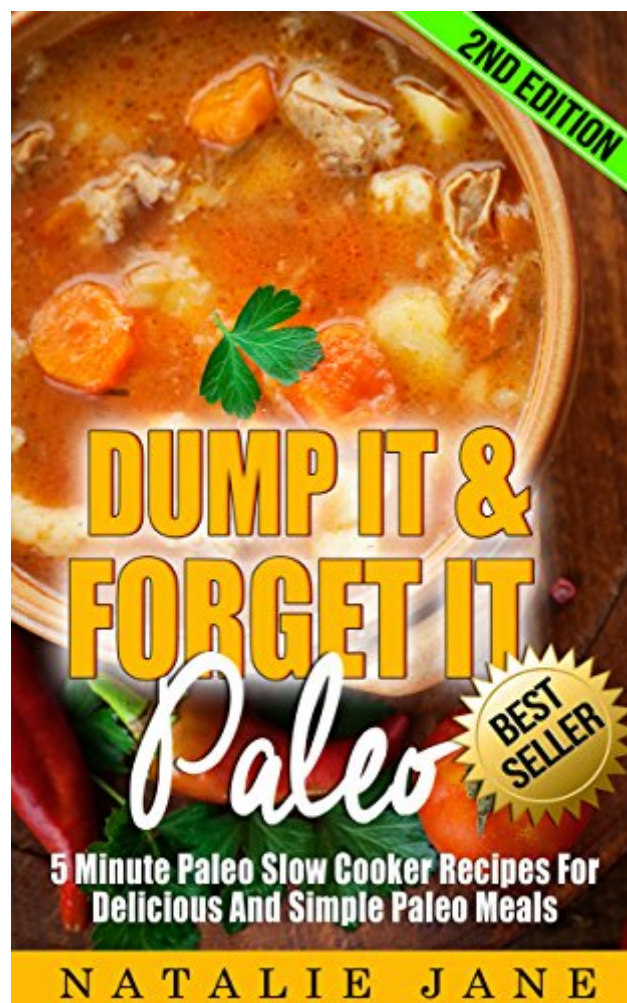




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# Dump It & Forget It Paleo: 5 Minute Paleo Slow Cooker Recipes For Delicious And Simple Paleo Meals



## Synopsis

PLEASE NOTE: You DON'T need a Kindle to buy this book. It's available for immediate reading with your virtual cloud reader. A Book That Actually Teaches You How to Lose Those Pounds â “ For Good? Yes - You really can enjoy your food, lose weight, and look great TODAY! In Natalie Jane's Dump It & Forget It Paleo: 5 Minute Prep For Delicious And Nutritious Paleo Dinners , you'll learn it doesn't take a lot of time and effort to give your body the nutrition it needs to look and feel amazing! Natalie Jane walks you through the ins and outs of the Paleo Diet, explains its benefits, and helps you get past common myths and misconceptions about this healthy lifestyle. Her comprehensive 30-day plan includes special chapters for every 5 days of your journey. You aren't alone â “ Natalie will walk with you every step of the way! You'll love Natalie's quick and easy recipes â “ and her powerful advice for snacking, meal prep, and portioning! Don't wait another day - Download Dump It & Forget It Paleo: 5 Minute Prep For Delicious And Nutritious Paleo Dinners Today and start your journey to health and beauty today! You'll be so glad you took this first step!

## Book Information

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## Customer Reviews

Book was formatted well and easy to read on my smart phone. With my busy lifestyle, I don't have a lot of time to spend cooking so use the slow cooker frequently. And I liked the slow cooker aspect as it is a great time of year to use this device with the lovely smells emanating from the crock pot upon returning home. The recipes are simple and straight forward with easy spices for good flavor. The smashed sweet potatoes are now in the regular dinner rotation since everyone loved them so much. Can't comment on the deserts because I'm egg free and these deserts aren't but they certainly look yummy. Highly Recommended!

This cookbook is amazing! I love this cookbook and have shared recipes and even the book with many other folks who were interested in Paleo. I love how this book is formatted with not too much or too little info. It is simple enough for a beginner to follow but interesting enough for a more experienced cook. These are easy, delicious and very healthy recipes that you will love. I've recommended this book time and time again to everyone I know, and those who've bought it have loved it as much as I have!

This book provides a boatload of various recipes, starting from breakfast foods and working its way through lunch and dinner. The book also includes numerous snack and dessert recipes. I think the recipes are fairly beginner friendly: there are no advanced techniques necessary, and the instructions are fairly straightforward. Very easy, tasty recipes. Clear directions. Easy to follow. Recipes for breakfast, lunch, dinner, dessert. Nicely put together.

This is my kind of cookbook. There are so many really great recipes in here that you are sure to find something everyone will love. And the recipe's are super easy to follow and the ingredients are everything that I already have at my house. Also, since it's a Paleo cookbook, the emphasis is on proteins and vegetables. The best thing is that is so easy to get a meal ready before work and come home to a house smelling amazing and have a ready meal ready for my family. Eating Paleo seems really easy with this book.

Even if you don't follow the Paleo diet this book is loaded for of healthy recipes. I would have loved to see more pics inside, I got the Kindle Version so I am not sure if the paper book has more. This cookbook is wonderful! I have the ebook version. It's very easy to navigate and well laid out. The recipes are easy to follow. I'm not a fan of being in the kitchen, but I love using my slow cooker. Great read.

The book seems very well written and appears to do a very good job of laying out what is needed for each recipe and how to prepare it quickly and get it in the crock pot so it will be ready for dinner with minimal work on your end. This book is a great way to really enjoy the Paleo diet. It's easy to follow and really allows the slow cooker to do all the work for you.

I was looking for a book related to paleo recipes and this is it. I would highly recommend this book to people who are looking for quick paleo recipes. Author has tried her best to give the different recipes and what to eat and what not to eat. Its a well written book with advice's. This is a fantastic cook book if you are seeking Paleo foods for your diet.

There are so many options in this book and it also gives great pointers right through! And I love being able to throw something in the crock pot and it's done when I get home from work. The meals are outstanding, I don't think I've made a bad dish yet. The recipes in this book to be easy to fix and the directions are easy to understand, the author also uses ingredients that are easy to find. Thanks Natalie for giving me such a great resource! I find myself referring to the info pages often.

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