



Slow Cooker Paleo Meals to Go: Simple and Delicious Cook Ahead Meals for Busy People (Breakfast, Lunch, Dinner, Dessert) (Paperback)

By Jennie Sayler

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you find cooking cutting into your time with your husband and children? Do you wish you could cook some delicious and nutritious meals that are quick and easy? Well we have the answer for you. I love my kids, spending time with them is top priority for me. However, their health is just as important, and I can t be ordering take out, like I did when I was single. I really needed to find a way to better utilize my time, giving my children everything they deserve and need from me. I sat down one day and put my thinking cap on. It was then I came up with several ideas. I bought a slow cooker, I researched the Paleo diet, and I started to invent. Yes, I tried putting things in my slow cooker that I never thought of before. and the rest is history. So here you have it, my family s favorite meals, all in one handy cookbook. Enjoy!.

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