



# Idiot's Guides: Paleo Slow Cooking

*Molly Pearl*

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The wildly popular Paleo diet is based on eating like our stone-age ancestors ate-with a diet rich in good fats, lean meats, an abundance of fruits and vegetables, and no trans fats, processed foods, or sugars. However, one of the problems with following the Paleo diet is that it can be work-intensive and require a lot of prep work and kitchen time.

*Idiot's Guides: Paleo Slow Cooking* showcases mouth-watering photography and brings together the trusty, time-saving slow cooker and over 85 fantastic recipes to make eating Paleo less work, and more delicious. From hearty breakfasts to filling stews and soups; from satisfying main courses to delectable (and healthy) desserts; readers will learn how to eat Paleo the right way without spending all of their spare time in the kitchen. Readers will savor over 85 Paleo-friendly delectable dishes, all with simple instructions, all Paleo-friendly, and all full of fantastic flavor.

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