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PALEO SLOW COOKER: SIMPLE AND HEALTHY GLUTEN FREE RECIPES (PAPERBACK)



Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you want an easy way to cook grain free AND gluten-free meals? Then Amelia Simons latest cookbook for slow cooker cooking is just what you are looking for! While a Paleolithic diet has been shown to be very effective for people wanting to lose weight and improve their health, spending time in the kitchen on a daily basis can be difficult...

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- Authored by Amelia Simons
- Released at 2012



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