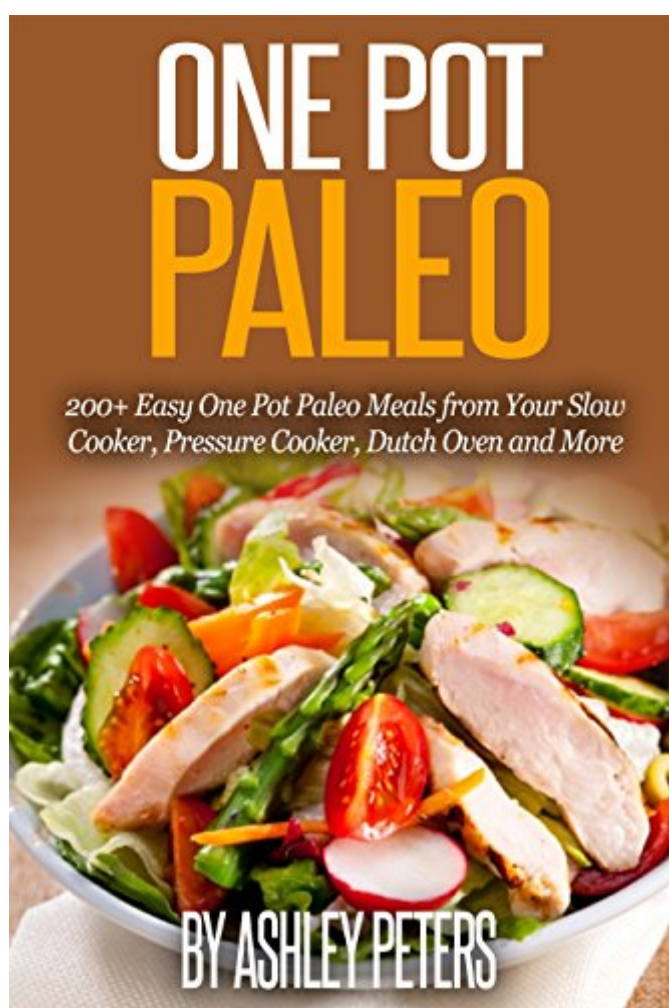


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# One Pot Paleo: 200+ Easy One Pot Paleo Meals From Your Slow Cooker, Pressure Cooker, Dutch Oven And More



## Synopsis

Discover 200 Paleo One Pot Cookbook: One Pot Meals Recipes to a Healthy Body \*\*\*Read this book for FREE on Kindle Unlimited - Download Now!\*\*\*If you want to prepare fast, delicious and healthy meals and stick with your Paleo Diet then this recipe book is for you.... The idea behind one pot meals is self-explanatory; all of the ingredients that you need to prepare that meal go into the same pot. Though there are some one pot meals that require you to add the ingredients at different times, the majority of the recipes ask you to simply place all that you need right into the vessel to continue cooking. One of the major advantages of this system of cooking, besides the fact that it saves you time and energy, is that it can accommodate really any type of diet. Paleo, for instance - which is comprehensive in its setup and very user-friendly - features a plethora of dishes that you can experiment with and try, and you are sure to find a new favorite recipe that can be prepared using the one pot method. Eat well and stress free with Paleo One Pot Cookbook: 200+ Easy Paleo One Pot Meals from Your Slow Cooker, Pressure Cooker, Dutch Oven and MoreDownload Now for Instant Reading by Scrolling Up and Clicking the Buy Button

## Book Information

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## Customer Reviews

Ready Paleo book if you are a busy working individual feeding yourself and others while trying to follow a paleo lifestyle. Easy recipes with quick ingredients and prep times. A beginning Paleo starter might find this a little quicker and faster than the big fancy paleo meals that take forever. It is nice to so a nice dinner and alternate with a quick dinner for those of us that work. I have several paleo books, some I like more than others....but this is definitely in my top ten and I recommend it to all the busy moms out there.

For a person who doesn't have the luxury of cooking this book is for you. With the concept of one pot method, all you need to do is just place everything in your dutch oven or pot leave it to cook and do on whatever task you are doing. I like how paleo cooking was incorporated on this one pot meals or pressure cooker and their brief history was discussed as well. All the recipes discussed are easy to prepare and the ingredients are accessible and not hard to find. Practically the book has compilation of great recipes to choose from, it won't waste my energy and my time in cooking, I can go about my other daily activities just wait for the meal to be cooked and voila a palatable meal can be served to my family without sacrificing the taste and flavor even though every ingredient was dumped on the pot. All in all this book is for every person out there who would want to create amazing foods without consuming your time and energy and at the same time even contributing in maintaining your good health likewise.

Like the book but not what I was expecting, was hoping for some pictures or some color but its just recipes printed on pages, feel like its something I could have found at the dollar store.

Not every recipe is paleo- some call for a can of coke or mt. dew. Although fairly easy, some recipes are not very good.

I've really enjoyed this cookbook. There are lots of easily prepared recipes in this book.

This has been very helpful! really yummy recipes in here!

This is certainly not my kind of book but the dishes mentioned in it are mouthwatering. Some

amazing Paleo Diets have given in detail which most of the women like to cook at home in their free time. One of the major advantages of this kind of cooking besides the fact that it saves your time as well as energy. The Paleo Diet wish to return modern eating habits to those of the stone age. Returning to stone age eating practices will rid you of degenerative disease like earth disease and blood pressure as well as help you to loose your weight and gain energy. I would certainly like to add some points that author should take care of the length of the article as people feel boar while go through such book.

These recipes are NOT paleo - they include ingredients like sugar, teriyaki sauce etc. If you are truly eating a paleo diet without the added soy or sugar these recipes are not for you!

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