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Proven Mouth Watering  
Recipes That Prep Fast Cook  
Slow  
The Perfect Paleo Slow  
Cooker Diet For 4

Proven Mouth Watering  
Recipes That Prep Fast  
Cook Slow

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Recipes That Prep Fast Cook

Slow

Add the onions and garlic and cook until onions are slightly softened.

Add onions and garlic to the slow cooker. In quart sized measuring cup, combine  $\frac{1}{4}$  cup olive oil, bone broth, and wine, stirring thoroughly.

Mix in rosemary, basil, and oregano, then add bay leaves. Pour

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Recipes That Prep Fast Cook  
Slow

the mixture over the roast. Slow  
cook on low heat for 5-6 hours.

20 Paleo Slow Cooker Recipes -

Irena Macri | Food Fit For Life

This easy slow cooker pot roast is  
the perfect weeknight dinner! Let  
the slow cooker do the work and

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you'll have tender, fall-apart pot  
roast and hearty vegetables all  
Recipes That Prep Fast Cook  
topped with a simple gravy.

Slow  
Whole30 and Paleo too!

21 Paleo Slow Cooker Recipes |

Paleo Leap

Meat, Poultry & Fish Slow Cooker

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Slow

RECIPES 1. Slow Cooker Shredded  
Chicken . This is a super easy  
Crockpot recipe for all-purpose  
shredded chicken. This chicken is  
seasoned and slow-cooked all day,  
then ready to use in any of your  
favourite meals: chicken salad,  
paleo wraps, casseroles, stews,

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soups and curries.  
Recipes That Prep Fast Cook

Slow  
Recipe: Slow Cooker Beef Roast  
with Red Wine | The Paleo Diet®  
Turn off the slow cooker and  
transfer the chicken to an oven tray.  
Broil for about 5 minutes, or until  
the skin is crispy and golden

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Recipes That Prep Fast Cook  
Slow

brown. Remove from the oven, let rest for 10 minutes, then top with lemon and garlic juices from the crockpot.

Paleo and Whole30 Slow Cooker  
Stuffed Peppers • Farmstead Chic  
Paleo Beef Stew In The Slow

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Recipes That Prep Fast Cook  
Slow

Cooker is one of your favorite dinners with a grain free twist. Tender beef slowly cooks in a broth with traditional ingredients like onions, celery, carrots, and nutritious sweet potatoes. The best part is that you can just set it and forget it, and have a hot dinner at

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night!  
Recipes That Prep Fast Cook

Perfect Rice in the Slow Cooker - A  
Clean Bake

Pour the onions into a slow cooker  
and add all remaining ingredients.

Cover and cook on low heat for 6-8  
hours until the chicken and

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Recipes That Prep Fast Cook  
Slow  
vegetables are cooked. Remove the  
chicken from the slow cooker and  
use two forks to shred the meat.

Add it back to the slow cooker and  
stir everything together. Taste and  
adjust for seasoning.

Healthy Slow Cooker Chili - All the

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Healthy Things

Save time by making perfect rice in slow cooker or crockpot. Let your crockpot or slow cooker do the work for you! This gluten free and paleo (if you use white rice) side dish is a weeknight lifesaver. Includes instructions for cooking

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brown rice and wild rice too.

## Recipes That Prep Fast Cook

### Slow Paleo Beef Stew In The Slow Cooker • Dishing Delish

This slow cooker beef ragu is the perfect cozy and hearty weeknight meal or meal prep recipe that's not only Whole30, paleo, and gluten-

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free, but it is incredibly delicious.  
It's loaded with vegetables, easy to  
prepare and takes almost no hands-  
on cooking time thanks to the crock  
pot.

The Absolute Best Slow Cooker  
Classic Paleo Chili - The ...

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The Paleo Slow Cooker is Whole30 recommended and approved. Note: This is a revised and updated edition. The Paleodiet has been the latest health movement, taking the low carb diet a step further by eliminating grains and legumes and eating only lean, grass-fed meat. In

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Recipes That Prep Fast Cook  
Slow  
short they consume only what was  
available to ancient humans or  
cavemen.

The Paleo Slow Cooker: Healthy,  
Gluten-Free Meals the Easy ...

Whether you are looking for main  
dish recipes, easy breakfast ideas

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Recipes That Prep Fast Cook

Slow

or the perfect paleo desserts, you will find all the best paleo slow cooker recipes in this paleo slow cooker cookbook. Along with great paleo slow cooker recipes, you will also find some great slow cooker tips that you can use to make the most of your slow cooker, ensuring

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that your recipes turn out  
wonderfully when you make ...

No-Fail Crockpot Lemon Garlic  
Chicken Recipe - Paleo Blog  
These Paleo and Whole30 Slow  
Cooker Stuffed Peppers are juicy +  
full of flavor. So easy and healthy -

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Recipes That Prep Fast Cook  
Slow  
the perfect weeknight dinner. Low  
Carb, Primal, Keto, grain-free,  
gluten-free and dairy-free!

How to cook perfect Artichokes in  
the Slow Cooker (every ...

Slow Cooker Turkey Breast from  
Wonky Wonderful is an awesome

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Recipes That Prep Fast Cook  
Slow

way to cook a turkey breast. No oven or grill needed! Slow Cooker

Paleo Turkey Meatballs from

Wholesomelicious are the best slow cooker meatballs! Paleo Pork

Crockpot Recipes. Pork is one of our favorite things to make in the crockpot. Cooking it low and slow

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Proven Mouth Watering  
makes it fall apart tender!

## Recipes That Prep Fast Cook

Slow to Make Gut-Boosting Coconut  
Yogurt in the Slow Cooker ...

This healthy slow cooker chili is  
incredibly flavorful and so easy to  
make. Made with just the right  
combination of spices, this recipe

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Recipes That Prep Fast Cook

Slow  
only takes a few minutes of hands on cooking before going into the slow cooker for simmer away for hours. You can start the chili in the morning and have a warm and comforting dinner ready by the end of the day.

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The BEST Paleo Slow Cooker  
Recipes - Slow Cooker or ...

Slow Cooker Pulled Beef – by Paleo Leap. This pulled beef features a sweet sauce with just enough vinegar. It's great for kids and an easy meal for a big crowd. Have a look at Paleo Restart, our 30-day

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program. It has the tools to let you reset your body, lose weight and start feeling great.

The Perfect Paleo Slow Cooker  
We posted The BEST Paleo Instant  
Pot Recipes for anyone who's

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Recipes That Prep Fast Cook

Slow  
Round-Up of The BEST Paleo Slow  
Cooker Recipes for those who want  
healthier slow cooker options.

Instant Pot or Slow Cooker, you can  
make some very tasty dinners that  
just happen to be Paleo! The Paleo

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Recipes That Prep Fast Cook  
Slow

diet emphasizes the same foods our  
hunter-gather ...

The Paleo Slow Cooker Cookbook:  
40 Easy To Prepare Paleo ...

Pour the coconut milk into the slow  
cooker and cover. Heat for 1 hour  
over low heat. Turn the heat off and

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Proven Mouth Watering Recipes That Prep Fast Cook Slow

gradually whisk in the gelatin. Allow the coconut milk to cool to 100°F, then stir in the probiotic powder. Cover with the lid and place the slow cooker in a warm spot for 4 to 8 hours, tasting the yogurt along the way.

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Proven Mouth Watering  
Easy Slow Cooker Pot Roast

(Whole30, Paleo) | The Healthy ...

The Absolute Best Slow Cooker

Classic Paleo Chili - Whole30,  
Paleo, Gluten-Free and Dairy-Free!

This is going to become a fall  
favorite, you guys!!! This is another  
one of those recipes that I really

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can't believe it took me this long to  
get this thing up on the blog!

Slow

Easy Slow-Cooker Butternut

Chicken Soup | The Paleo Diet®

Curl up with some pizza & perfect  
artichokes in the slow cooker for an  
easy weeknight meal. Cheers! Print

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Recipe. Perfect Artichokes in the  
Slow Cooker. How to cook perfect  
artichokes in the slow cooker every  
time! These artichokes are Whole  
30 compliant, Paleo, Gluten-Free  
and Dairy-Free! Ingredients. 4  
artichokes, trimmed; 1 lemon, cut in  
...

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