



# **Make Ahead Paleo Recipes: Gluten-Free Recipes From Freezer to Plate in 15 Minutes: Simple and Healthy Paleo Gluten-Free Slow Cooker Recipes (Slow Cooker Recipes Series Book 1)**

*Sarah Swanson*

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*"Best "fast Paleo" book I've found" -- DM*

*"The tips for what to do with leftovers are also great! The recipes cover more than just Paleo chicken dishes; the book includes recipes for soups, stews, chili, stuffed peppers, and more." -- Rajwinder*

*"It's so nice to get such easy and healthy recipe ideas. I've been trying these and my kids enjoy them and it saves me a ton of time!" -- Laura*

## **Do you dread making a proper paleo dinner? Prepare your paleo meals ahead and freeze them**

**You want to eat delicious paleo-friendly food....but don't have the time?**

No Problem! I will show you exactly how to prepare delicious paleo recipes using nothing but a slow cooker and a freezer. Just throw in the ingredients, set the cooker, and FOGGETABOUTIT!!!

Stash the leftovers in the freezer to make freakin' tasty meals later in the week in a snap.

**I will reveal to you the most mouth-watering paleo recipes you have NEVER ever tried.**

- they are so easy to make, a little girl could do it
- they are so tasty, you will feel your palette dancing in your mouth when chewing
- you mix and slash up the recipes as you like! there are so many freakin' combinations, you will never eat a boring meal again!

---- A note from Sarah ----

I wrote this book because I used to suffer from celiac disease, and the food I was eating was killing me! After cutting gluten out of my diet, my body started readjusting. I used to beat my head on the wall trying to come up with ideas for lunch and dinner until...I started writing them down.

I typed up my random scribblings and wrote them into a nifty little book for you. For less than the price of a fancy coffee, you will get 30 life-changing recipes (yes, they're that good) you can tweak to your taste!

Now I'm all about paleo, but even if you're not strict like me (or your body isn't as sensitive to gluten as mine), you can change them as you like

....and if you're unhappy with my book, I will give you your money back . No worries, we'll still be friends :)

With love,  
Sarah Swanson

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### **From reader reviews:**

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