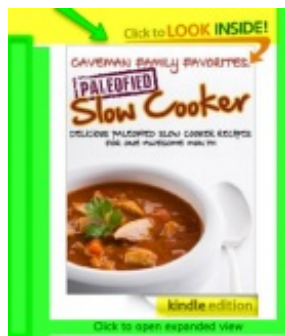


Easy Paleo Slow Cooker Recipes For Free On Amazon In Popular Paleo Cookbook

Brandon Schoen August 09, 2013



Easy Paleo Slow Cooker Recipes

The slow cooker is the perfect solution to long days, and busy families. Lauren Pope's book, free today on Amazon, helps followers of the Paleo Diet discover easy Paleo slow cooker recipes that can be enjoyed any day of the week.

(Newswire.net -- August 9, 2013) San Antonio, TX -- It seems that no matter the time of year a slow-cooked meal is always a good idea. Whether the kitchen is hot, time is short, or families are just looking for an easy, home-cooked meal, the slow cooker can be the perfect solution. And now, thanks to Lauren Pope, Paleo dieters can enjoy **easy paleo slow cooker recipes** without feeling tempted to stray from a strict non-gluten, non-dairy, non-legume, and non-grain

regimen.

One of the most popular books in her Caveman Family Favorite Series, Delicious Paleofied Slow Cooker Meals For One Awesome Month is being promoted this weekend by the publisher, Little Pearl Publishing, and will be offered as a free download for readers interested in learning how to "slow cook like a caveman".

"I just really want to help other moms and families like me," says Pope. "I know that cooking something healthy and something that people love can be incredibly tough... I know these **quick and easy paleo slow cooker recipes** and ideas will help a lot of people eat healthier and feel better – they did for me."

Among some of Pope's favorite Paleo slow cooker recipes are the Sweet and Spicy Chicken, Moroccan Chutney Chicken, Asian Fusion Ribs, Acapulco Pork Roast, Barbacoa Beef, and Garlic Beef Stew.

As an avid triathlon athlete, a single mom, and a college professor, Pope admits that it is difficult to always find time to cook a healthy dinner, regardless of what diet is being followed. "Paleo dieters," says Pope, "have it even more difficult to eat in a hurry considering that the majority of fast food is packed with everything we don't eat." This is why, according to Pope, she uses her slow cooker at least three times every week because it prevents her and her son from coming home tired without anything to eat.

"On nights that I know I'm going to be exhausted, I slow cook. There is nothing better than driving home from work knowing that all of the restaurants you pass have nothing compared to what is waiting for you when you walk in the door."

Go to [Amazon.com](https://www.amazon.com) to discover Pope's secret to making Paleo-approved, mouthwatering slow cooked meals the whole family will love.

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