

# Slow Cooker: Slow Cooker Recipes and Slow Cooker Cookbook: 30 Simple Grain-free Seafood Slow Cooker Recipes for Beginners (Slow Cooker, Paleo Slow Cooker)

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Introduction I want to thank you and congratulate you for downloading the book, "Paleo Seafood Slow Cooker: 30 Simple Grain-Free Slow Cooker Recipes for Beginners". This book contains proven steps and strategies on how to prepare and serve delicious seafood dinners that taste like they were made by a pro, with little to no effort. With this book, you will learn how to create delicious dinners you and your whole family will enjoy. You'll look forward to seafood night when you head into it armed with the thirty tasty recipes outlined in this book! Thanks again for downloading this book, I hope you enjoy it! Chapter 1 - How Seafood Helps Seafood and Weight Loss Seafood is one of the healthiest food groups you can consume. It is full of omega-3 fatty acids, which are vital nutrients that your body needs in order to continue functioning appropriately. Omega-3s can help reduce the risk of heart attack, stroke, and death related to other forms of heart failure; they can also significantly increase your ability to lose weight quickly and keep it off. They are also great for helping reduce the buildup of plaque in the arteries, which again contributes to the overall health of your heart and your physical ability to exercise more, thus leading to even more weight loss benefits. Omega-3s are also great for reducing inflammation in your body. When you reduce painful inflammation, such as from arthritis or even inflamed bowel problems, you are sure to feel better, be less bloated, exercise more, and lose weight much more easily. And seafood is the leading food group that contains these vital fatty acids! Seafood also is incredibly low in carbohydrates (containing slim to none), low in fats, low in cholesterol, and low in caloric content. You are truly doing your body a huge favor when you consume fish, shellfish, and other forms of seafood! It is important to eat fish or other seafood as often as possible. Even a small serving of fish is great for you, and it keeps you feeling focused, healthy, and ready to take on the world! Seafood and Paleo Style Seafood fits very smoothly into a paleo lifestyle and its accompanying diet. The paleo diet focuses on the types and variety of foods that would have been consumed by early hunter-gatherers. This means that paleo dieters consume anything that could have been grown, hunted, foraged, or otherwise easily located by hunter-gatherer societies. This is where the term "paleo" comes from—it refers to the word "paleolithic." This diet focuses largely on meats, vegetables, fruits, nuts, and spices. It relies on honey and natural brown sugar as sweeteners, and advises avoiding sugar, grains, corn, and refined or highly processed forms of any food. Dairy and eggs are permissible by the paleo diet, but if you choose to avoid dairy and/or eggs, this is an easy diet to modify to that type of lifestyle, too. The act of catching fish to cook and eat dates back over forty thousand years. Fish hooks have even been found dating back to the stone age—in more or less the same shape as fish hooks that we use today! Fishing is one of the earliest forms of obtaining meat and proteins in the diet, which means that fish and seafood are

excellent candidates for paleo dieting. If early man (and woman) would have eaten fish and seafood, then we should be eating them, too! However, the key to keeping to a paleo diet is all in the preparation of these foods. They should be kept away from grains and processed foods, and should always be served with vegetables to keep your meal balanced and your paleo diet going strong. In this way, you are sure to lose weight quickly, keep it off, and live a healthy lifestyle all the way around! An important point to remember about cooking seafood in the slow cooker is that, unlike many other slow cooker recipes, it should not be left alone all day to cook! Seafood slow cooker recipes generally only take a few hours until they are complete, so be sure you will be home to turn off the heat when necessary. Chapter 2 - Fish Recipes Garlic Tilapia This is a simple recipe that kids and adults are both sure to enjoy. The delightful flavor of the garlic works beautifully with the simple butter coating to ensure that this fish is flavorful and juicy every time. 4 filets of tilapia 2 tbsp butter at room temperature 2 tbsp minced garlic Black pepper to taste Stir minced garlic into butter until well combined.

Tear off four square of tin foil large enough to wrap up each filet of tilapia.

Place a filet into each square and season with black pepper.

Rub each fish with garlic butter and wrap tightly in tin foil.

Place or stack foil-covered filets into slow cooker.

Cover and cook on high for 2 hours.

Serve. Asian Salmon If you're looking for a healthy way to enjoy the flavors of Asian cuisine, look no further than this tasty salmon with Asian style seasonings. Serve up with a bag of steamed frozen Asian vegetable medley for a perfect meal! 10oz filet of salmon 16oz frozen Asian stir fry vegetables Black pepper to taste 2 tbsp soy sauce (or coconut aminos, if you prefer to avoid soy) 2 tbsp honey

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After reading this book you will learn all about Paleo Seafood Slow Cooker meals! The Health and Wellness Benefits Will Be Incredible!

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If you are a beginner to cooking and don't know how to begin preparing delicious seafood recipes you won't be embarrassed to share with your friends and family, then this is the book for you! Alternately, if you have been cooking for a long time but just never have had the nerve to branch out and attempt cooking seafood recipes, look no further than the ones included in this book! Whatever your reason, you are about to find yourself surrounded by 30 of the most incredible and ultra simple seafood slow cooker recipes you have ever seen. And the best part is, they are grain-free and paleo, which makes them excellent for helping you lose weight and stay fit!

If you have been looking for delicious fish, shrimp, crab, and lobster recipes to help expand your paleo diet, you have come to the right place. This book is chock full of recipes that will help you utilize these very versatile and tasty protein sources in your daily life. Some people might not even consider seafood as a viable way to get protein, but it is in fact a great option and can be prepared in very healthy ways. It is one of the least fattening food groups available to you, so again, if you are trying to lose weight these recipes are going to help you get there!

The first chapter of this book explains why eating seafood is so good for you, and how it can fit fluidly into a paleo style diet. The following chapters will outline the thirty amazing recipes in easy to understand, step-by-step directions that beginners can follow with no trouble. The ingredients used can all be easily found in your local market or, in some cases, international grocery store. In no time at all, you will be

cooking seafood with the best of them!

Take a look through the included recipes in this book, pick your favorite, and give it a try!

This is A Preview Of What You'll Learn&#x2026;

why eating seafood is a great way to lose weight how seafood fits in to the paleo diet thirty delicious seafood slow cooker recipes and much, much more!

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