



# Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are

*Charity Wilson*

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**Are you a wheat free wannabe with no time to cook?**

## **50 Gluten Free Slow Cooker Recipes For Grain Free Living**

Are you struggling to follow a gluten free lifestyle? Are you strapped for time at night? If so then you have just discovered the one book that solves both problems.

Inside you will find 50 gluten-free slow cooker recipes that will make you forget you ever liked the wheat and allow you to come home to a meal that is ready for you.

## **Gluten Free Does Not Limit You**

Granted, learning to eat gluten free can be quite a chore. Reading labels and watching for secret hidden gluten containing ingredients can make it feel like you need a degree in some type of science. Who makes words up like:

- Triticum vulgare (wheat)
- Triticale (cross between wheat and rye)
- Hordeum vulgare (barley)
- Secale cereale (rye)

The best idea is to continually try new recipes and be mindful of the ingredients that are going into them. Once you have a couple hundred recipes you will never need to worry about accidentally ingesting gluten and suffering the consequences again. You are in control.

## **Why Live A Gluten Free Lifestyle?**

Many people choose a gluten free lifestyle due to the adverse side effects gluten causes them to experience. If you suffer from celiac disease, you know exactly what that means. It can be excruciatingly painful and you have a very real reason to avoid gluten. Many people chalk up the cramps and lethargic feeling after meals as they ate too much, but the reality is it could be gluten intolerance.

Many people are now consciously choosing to eliminate gluten from their diet for reasons that are not medically based at all. They find they have less bloating and that their digestion is better. People who stopped eating gluten have also seen an increase in success with their weight loss goals.

Living gluten free has numerous benefits and if you suspect you may have a wheat sensitivity or intolerance then switch out your regular wheat based meals with these gluten free slow cooker meals and see how your body feels. Try it for at least six weeks to give your body a chance to adjust to the new lifestyle. You will not be disappointed.

## **What You Will Discover Inside “Gluten Free Slow Cooker Recipes”**

- 9 Breakfast Recipes to wake up the right way
- 11 Chicken recipes to redefine how you look at poultry
- 10 Beef Recipes for the true carnivore inside you
- 5 Pork and Lamb recipes because cows and chickens can't have all the fun
- 5 Soup recipes to warm your soul
- 5 Seafood recipes for you ocean lovers
- 5 Dessert Recipes to satisfy even the sweetest tooth

### **Would You Like To Know More?**

Download and finally discover the quickest way to eating gluten free.

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