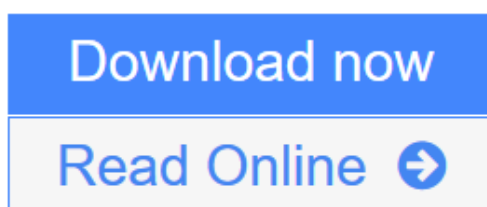




**PEGAN DIET: PEGAN SLOW COOKER  
RECIPES: Paleo - Vegan Recipe Collection of 30+  
Slow Cooker Recipes for the Pegan Diet (Pegan  
Pantry Diet Cookbooks Book 1)**

*Rae Lynde*



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# **PEGAN DIET: PEGAN SLOW COOKER RECIPES: Paleo - Vegan Recipe Collection of 30+ Slow Cooker Recipes for the Pegan Diet (Pegan Pantry Diet Cookbooks Book 1)**

*Rae Lynde*

**PEGAN DIET: PEGAN SLOW COOKER RECIPES: Paleo - Vegan Recipe Collection of 30+ Slow Cooker Recipes for the Pegan Diet (Pegan Pantry Diet Cookbooks Book 1) Rae Lynde**

**30 Pegan Diet Slow Cooker Recipes Save Time - Pegan diet offers the best of the health and weightloss benefits of the Paleo and Vegan diets.**

**Delicious quick and easy slow cooker recipes are gluten-free and dairy-free. 30+ breakfast, dinner, soups and stews, and dessert recipes for one pot, slow-cooker healthy meals. FREE Pegan Pantry Food List bonus.**

- **Want to reduce stress?**
- **Need energy and a quick boost?**
- **Ready to lose weight and reduce inflammation?**
- **Desire an easy-to-follow diet lifestyle?**

## **Eat to Feel Good: 6 Health Benefits of the Pegan Diet**

Studies have shown that **good eating practices reap healthy rewards.**

- **Weightloss**
- **Lower blood pressure**
- **Lower cholesterol**
- **Reduced inflammation**
- **Reduced stress**
- **Reduced sugar**

The Pegan diet lifestyle is an **easy blend of the best principles** from both the Paleo and the Vegan diets. It is not completely Vegan; it is not completely Paleo. Pegan eating draws from each. Both diets promote good health but for many the amount--or lack--of meat is an issue. With the Pegan diet, you can **personalize your eating plan** and keep everything is in moderation.

- Meat portions are reduced to make up 25% of meal.
- Vegetables are emphasized.
- Grains and legumes are included.
- Glycemic load of food is watched.
- Gluten products are avoided.
- Dairy products are avoided.
- Processed foods are avoided.

## **Preview of What is Inside this Recipe Book:**

- Why I Love the Pegan Diet
- The Doctors and the Pegan Diet
- A Look at Pegan-style Eating
- The Paleo-Vegan Connection
- 5 Health Benefits of the Pegan Diet
- 8 Ways to Avoid or Reduce Animal Fat
- Benefits of Slow Cooker Cooking
- Slow Cooking Tips

## **Sampling of Breakfast, Dinner, Soups, Stews, and Dessert recipes included:**

- Spinach and Red Pepper Frittata
- Sweet Potato and Egg Casserole
- Quinoa Porridge with Pecans
- Beef and Bacon Chili
- Turkey, Kale and Sweet Potato Soup
- Smoky Split Pea and Ham Soup
- Coconut Pumpkin Curry
- Sausage and Cauliflower Stuffed Peppers
- Pecan-Mashed Sweet Potatoes
- Artichoke and White Bean Ragout
- Meatless Zucchini Lasagna
- Apple Almond Crisp
- Raisin-Stuffed Baked Apples

- **Download your Pegan Slow Cooker Recipe cookbook now! Grab a copy of the FREE Pegan Pantry Food List Checklist, too!**

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**From reader reviews:**

**Shirley Daniels:**

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**Edwin Ashford:**

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**Joan Stump:**

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