

# 15 Minute Set It And Forget It Gluten Free Paleo Recipes Gluten Free Paleo Diet

Are you looking for quick and easy gluten-free Paleo recipes that require minimal effort? Look no further! In this article, we will guide you through a selection of delicious and healthy recipes that will help you stay on track with your gluten-free Paleo diet. The best part? These recipes only take 15 minutes to prepare and can be left to cook on their own, allowing you to be productive while your meal is being prepared.

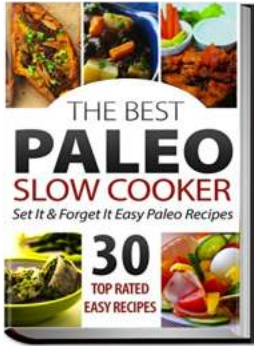
## The Gluten-Free Paleo Diet

The gluten-free Paleo diet has gained popularity in recent years for its health benefits and ability to promote weight loss. This diet focuses on consuming unprocessed, whole foods while eliminating grains, dairy, legumes, and processed sugar. It emphasizes the consumption of lean proteins, fruits, vegetables, nuts, and seeds, which are all nutrient-dense and packed with essential vitamins and minerals.

By following a gluten-free Paleo diet, many people have experienced improved digestion, increased energy levels, and reduced inflammation. It is not only suitable for those with gluten sensitivities or celiac disease but also for anyone looking to improve their overall health and well-being.

**Paleo Slow Cooker Recipes: 15 Minute Set it And Forget It Gluten Free Paleo Recipes (Gluten Free Paleo Diet, Paleo Gluten Free Diet, Paleo Slow Cooker ... Easy Paleo Recipes, Gluten Free Cookbook)** by James Miller (Kindle Edition)

★★★★★ 5 out of 5



Language	: English
File size	: 980 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 74 pages
Lending	: Enabled



## 15 Minute Set It And Forget It Recipes

### 1. Slow Cooker Lemon Herb Chicken



This flavorful and tender chicken dish requires minimal preparation. Simply combine boneless chicken breasts with fresh lemon juice, herbs like rosemary and thyme, garlic, and a touch of olive oil in the slow cooker. Set it on low heat for 6-8 hours, and your mouthwatering meal will be ready in no time. Serve it with a side of roasted vegetables for a complete and satisfying gluten-free Paleo dinner.

## 2. One-Pan Shrimp Stir-Fry



If you're a fan of Asian cuisine, this quick and easy shrimp stir-fry is perfect for you. Prepare your favorite vegetables, such as bell peppers, broccoli, and snap peas, and toss them in a hot pan with shrimp, garlic, ginger, and coconut aminos. Stir-fry for a few minutes until the shrimp turns pink and serve it over cauliflower rice for a low-carb and gluten-free alternative.

### 3. Instant Pot Beef Chili



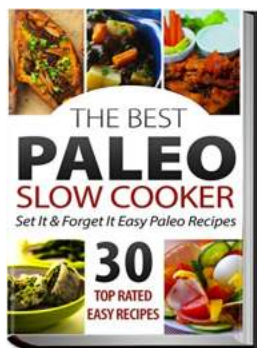
This hearty and comforting beef chili can be made in a fraction of the time using an Instant Pot. Brown ground beef with onions, garlic, and spices, then add in diced tomatoes, tomato paste, kidney beans (optional), and beef broth. Set the Instant Pot to "chili" mode and let it do its magic. In just 15 minutes, you'll have a warm and flavor-packed meal ready to be enjoyed. Don't forget to top it with avocado slices and fresh cilantro for an extra burst of freshness!

## Benefits of Set It And Forget It Recipes

The beauty of set it and forget it recipes lies in their convenience and time-saving nature. Traditional cooking methods often require constant supervision and attention, making it challenging for busy individuals to prepare meals from scratch. However, with these set it and forget it recipes, you can simply throw the ingredients together, set the cooking time, and let the appliance do the work for you.

Not only do these recipes save time, but they also ensure that the food is cooked evenly and with minimal effort. This means you can focus on other tasks or relax while your meal is being prepared. Set it and forget it recipes are especially beneficial for those following a gluten-free Paleo diet, as they allow you to adhere to your dietary restrictions without compromising on taste or nutrition.

Preparing delicious, healthy, and gluten-free Paleo meals doesn't have to be a time-consuming chore. With the 15 minute set it and forget it recipes mentioned above, you can enjoy flavorful dishes while saving time and effort. Incorporate these recipes into your meal planning and discover the convenience and benefits of a gluten-free Paleo diet. Remember, good food doesn't have to be complicated!



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## **Paleo Gluten-Free Slow Cooker Recipes: 15 Minute Set It and Forget It Crockpot Paleo Recipes**

When you act today, you can take advantage of a spectacular offer to get this mouthwatering easy Paleo recipe book for just \$2.99 Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

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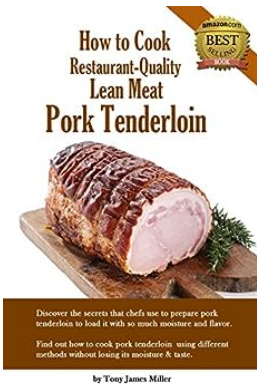
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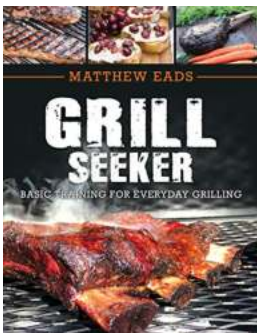
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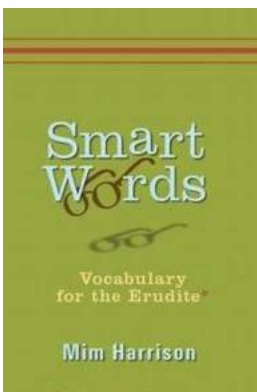
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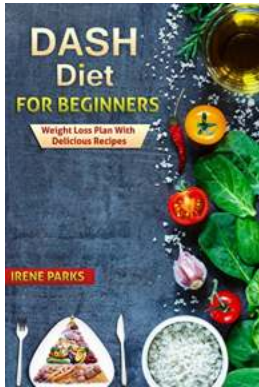
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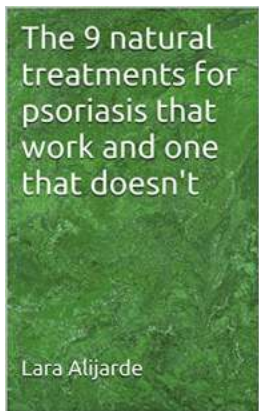
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