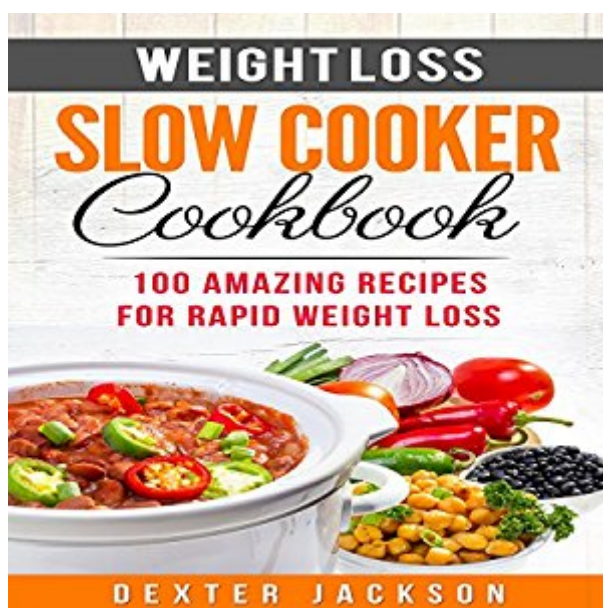


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Weight Loss Slow Cooker Cookbook: 100 Amazing Recipes For Rapid Weight Loss



Synopsis

Thousands of people all over the world are eating the foods they love and losing weight. They are doing it with the help of their slow cooker, and recipes like the ones in this audiobook. This cookbook is specifically designed to be used with your slow cooker so that you can create delicious meals with ease and convenience that still help you along in your weight loss journey. Many of these recipes contain high protein content to stimulate muscle growth and fat loss, and all of these recipes contain the necessary smart points information to help you follow your weight loss diet. Every recipe also includes all accurate nutritional information such as calories, fat, carbohydrates, and protein content so that you can make the best decisions for your goals. This also makes it easier for you to prepare healthy meals, without the extra work of looking up nutrition facts and smart points. With living a healthier lifestyle, one of the biggest challenges is making nutritious meals that are accommodating to your health and weight loss goals. Many times recipes need to be altered to fit your specific needs. It is also very time consuming trying to figure out the nutritional information of a recipe if it is not listed. This audiobook is filled with 100 delicious slow cooker meals you and your family are bound to love. Here is a short preview of the kinds of recipes you can find in here: Creative Breakfasts such as French Toast Casserole and Crust-less Spinach and Mushroom Quiche Hearty soups and stews like Stuffed Pepper Soup and Zuppa Toscana Protein Packed Chicken and Turkey dishes like Caribbean Jerk Chicken and Turkey Breast with Mushroom Gravy Savory beef recipes like Beef Pot Roast and Cranberry Meatballs Juicy pork dishes such as Pork Tenderloin with Apple Butter and Pork Carnitas Flavorful Vegetarian and Vegan meals like Pasta Primavera and Spinach Lasagna Naughty desserts such as slow cooker Brownies and Blueberry Coffee Cake

Book Information

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Counters #317 inÂ Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #477
inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer

Customer Reviews

I've made a few recipes from this cookbook and have absolutely loved every one of them! They are super easy to make, don't contain many ingredients, and best of all, I just throw it all in the crockpot, let it cook all day and come home to dinner made! This book includes Breakfasts, soups, Chicken and Turkey, beef, pork, Vegetarian and Vegan meals and dessert recipes. I've found something new, different, and super tasty to cook every night while using this awesome cookbook! The soup sections is my most favorite so far but i have a lot to try yet. I highly recommend this book for anyone, especially for those like me who do not enjoy cooking. These recipes are so easy and the fact that your crockpot cooks them for you is amazing! I'm so happy to just have to spend a little time prepping veggies, but then coming home to dinner made!

This is a great book on Weight Loss Slow Cooker Recipes. All of the things, tips and recipes that I need to know about rapid weight loss are already included and well written inside. Dexter Jackson has done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the 100 amazing recipes for rapid weight loss. Very healthy, delicious, and easy to prepare. This book is really a great resource for those who want to learn more about Weight Loss Slow Cooker Recipes.

For sometime in my life i did never lose weight again as i had given up on my health status. I discovered some help from this book and got some health benefits , recipes and ingredients that has changed my mindset about my health and my weight. This book has healthy and interesting recipes and overall, it makes a good program for an individual on a weight loss journey. Btw, these are really good crockpot recipes.

Will certainly use this recipes book for a while. This book is a must for every person that uses slow cookers and those who wants to lose their weight. This Weight Loss Recipes cookbook explains everything in detail and looks at the smart points program which basically encourages an individual to eat within a set number of points daily. This is most definitely one of the best cookbook on loosing weight.

This Weight Loss Slow Cooker Recipes Cookbook explains everything in detail and looks at the smart points program which basically encourages an individual to eat within a set number of points daily. This book has healthy and interesting recipes and overall, it makes a good program for an individual on a weight loss journey. Btw, these are really good recipes !

The following Book is reproduced below with the goal of providing information that is as accurate and reliable as possible. If you took the time to search for and buy this book, chances are you are on a journey to better your health. Reading this book of recipes is a great first step in reaching your weight loss goals.

Writer Dexter Jackson is a really great writer in this time . Love the Variation of recipes in this book.Very clear directions and the pictures are so helpful in deciding what meals to make.This cookbook is a great companion to anyone doing whole 30 but also to those looking to have delicious healthy food.

This is a good and yummy recipes book. I bought this book for my wife and honestly she really like this book. All recipes are really tasty. Direction are easy to understand and nutrition information included here. suggested to all

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