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delicious meals for you your family and your friends and let this delicious Crock Pot recipe cookbook do the rest This book focuses on each and every one of these benefits offering a wide array of recipes from mouthwatering breakfast recipes to amazing beverages without forgetting about lunch dinner and dessert In addition to mouthwatering recipes like Pumpkin Steel Cut Oats French Toast Casserole Tater Tot Breakfast Casserole Buttermilk Bread Herb Bread Raisin Bran Bread Sloppy Joe Burgers Granola With Coconut Oil Herbed Chili Cornbread Caramel Banana Bread Almond Bread Rosemary Bread Vegetarian Sloppy Joes Beef Sandwiches Meat Sandwiches Chicken Sandwiches Pork Sandwiches It s a great book to have in a house for both beginners and experts at slow cooking Because it doesn t take superhuman cooking skills to cook in a crock pot That simple and fun it is For no more than 20 minutes of prepping you get to enjoy the smell and taste of freshly cooked food at home Wait no more and download this book today Get your copy today for only 2 99 and enjoy 200 delicious healthy and mouth watering crock pot recipes Search terms Crock Pot Slow Cooker Dump Meals Dump Dinners Freezer Meals Crock Pot Recipes Slow Cooker Recipes Dump Meals Recipes Dump Dinners Recipes Freezer Meals Recipes Crock Pot Cookbook Slow Cooker Cookbook Dump Meals Cookbook Dump Dinners Cookbook Freezer Meals Cookbook Crock Pot Free Slow Cooker Free Dump Meals Free Dump Dinners Free Freezer Meals Free **The Slow Cook Book** DK,2023-09-12 Slow cooking is the ultimate answer to low cost time saving nourishing family meals With over 200 easy recipes for a host of nutritious one pot meals including soups curries chilies casseroles risottos tagines pot roasts stews and even desserts The Slow Cook Book offers a variety of delicious recipes Simply add your ingredients to the pot let the slow cooker work its magic through the day and enjoy a delicious home cooked meal just set it and forget it Step by step instructions guide you through different types of slow cooking and essential techniques so you can achieve the best results Showcasing two methods of slow cooking for each recipe one using an electric crockpot and the other using a combination of traditional pots pans stovetop and oven The Slow Cook Book offers meal options for whatever method suits you best So raid the store cupboard plunder the fridge and freezer and serve up healthy meals throughout the week in no time with this essential cookbook **The 17 Day Diet: 200 Recipes: 80 Slow Cooker Recipes Cookbook** Eat To Live,2014-03-17 In basic term THE 17 DAY DIET is a carbohydrate cycling diet whereby you adjust your intake of carbohydrates in accordance with whatever phase of the diet you are in At certain times you can follow a very low carbohydrate diet while at others you can enjoy specific foods that are higher in carbohydrates According to Dr Moreno this has the effect of confusing your metabolism and enhancing the rate at which you are able to lose weight It also can help to reduce the frustration and boredom that is generally associated with long term dieting This book will lead you step by step day by day meal by meal to loose weight and towards a longer healthier life All recipes selected are below 300 calories to help you maintain healthy weight loss All recipes are assigned with proper value helping you to plan your meals accordingly selecting from high protein low carb ratio low calorie low carb ratio or even high protein low calorie ratio Great flavors with a focus on healthy proteins and low fat ingredients are the mainstay of this

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