



Slow Cooker Magic: Money Saving, Healthy Yet Scrumptious Whole Food Crock Pot Recipes That Help You Lose Weight (Easy Whole Food Meals, Healthy Eating, ... Crock Pot Cooking, Fix and Forget Meals)

Mary Anderson

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Too Tired or Busy to Cook a Healthy Meal? Let Your Slow Cooker Be Your Personal Chef!

Read on your PC, Mac, smart phone, tablet or Kindle device.

This book contains recipes that help you lose weight while saving money through healthy eating. When you choose to eat healthy every day, you are actually investing in your health. However, a lot of people find it difficult to eat healthy on a regular basis because they think it is expensive and time-consuming to have to prepare whole food dishes each day, but the truth is that you absolutely can eat healthy each day. The key is to simply use a slow cooker!

This book offers various recipes for vegetable, seafood, poultry, and meat dishes. Each recipe recommends the best side dishes and calls for ingredients that are inexpensive and easy to find. These recipes are for large servings (approximately 6 to 9 servings per dish) in case you are preparing food for your entire family, or planning to pre-cook and pack your food for a busy week ahead.


Following a healthy diet is the best way to achieve a healthy and strong body. When you are healthy, you get to be much more productive and capable of living your life to the fullest. This book will show you that you don't have to hire a chef or spend hours in the kitchen to eat healthy. So get started now!

Here Is A Preview Of Some Of The Recipes Included In This Cookbook ...

- Simple Mushroom Stroganoff
- Black Bean Chili
- Almond and Butter Bean Stew
- Moroccan Cod Tagine
- Tuna and Veggie Casserole
- Buffalo Wing Stew
- Basic Chicken Curry
- Budapest Beef Goulash

- Cumin Pork and Beans
- Beef Brisket for the Family
- Greek Lamb and Spinach Stew
- Plus Many More Scrumptious Recipes!

Start your weight loss journey TODAY! Download this cookbook right now for a limited time discount of only \$0.99 and let me show you how EASY it is to eat healthy!

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From reader reviews:

Lila Smith:

The publication with title Slow Cooker Magic: Money Saving, Healthy Yet Scrumptious Whole Food Crock Pot Recipes That Help You Lose Weight (Easy Whole Food Meals, Healthy Eating, ... Crock Pot Cooking, Fix and Forget Meals) has lot of information that you can understand it. You can get a lot of benefit after read this book. That book exist new understanding the information that exist in this reserve represented the condition of the world currently. That is important to yo7u to find out how the improvement of the world. This book will bring you throughout new era of the globalization. You can read the e-book with your smart phone, so you can read the item anywhere you want.

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Your reading 6th sense will not betray an individual, why because this Slow Cooker Magic: Money Saving, Healthy Yet Scrumptious Whole Food Crock Pot Recipes That Help You Lose Weight (Easy Whole Food Meals, Healthy Eating, ... Crock Pot Cooking, Fix and Forget Meals) guide written by well-known writer who really knows well how to make book that could be understand by anyone who all read the book. Written in good manner for you, still dripping wet every ideas and publishing skill only for eliminate your hunger then you still skepticism Slow Cooker Magic: Money Saving, Healthy Yet Scrumptious Whole Food Crock Pot Recipes That Help You Lose Weight (Easy Whole Food Meals, Healthy Eating, ... Crock Pot Cooking, Fix and Forget Meals) as good book not just by the cover but also with the content. This is one e-book that can break don't judge book by its cover, so do you still needing a different sixth sense to pick this specific!?! Oh come on your studying sixth sense already said so why you have to listening to one more sixth sense.

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