



# **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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#### **Helen Thibodeaux:**

The feeling that you get from 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) could be the more deep you searching the information that hide in the words the more you get considering reading it. It doesn't mean that this book is hard to understand but 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) giving you excitement feeling of reading. The article author conveys their point in selected way that can be understood by simply anyone who read this because the author of this e-book is well-known enough. That book also makes your own vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We propose you for having this particular 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) instantly.

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#### **Debra Yarbrough:**

On this era which is the greater man or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple solution to have that. What you are related is just spending your time not very much but quite enough to get a look at some books. One of several books in the top record in your reading list is usually 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). This book that is qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking upwards and review this publication you can get many advantages.

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