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Slow Cooker Recipes: Delicious Slow Cooker Recipes That Help You Lose Weight Fast (Paperback)

By Wendy Wilson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There s nothing like the aroma of a home-cooked dinner welcoming you at the door. Preparing those mouthwatering meals is a snap with the This Slow Cooker Recipes Cookbook. With a just a hint of planning, an incredible meal can simmer to perfection on its own while you re at work, running errands, or spending time with the family. Best of all, most of the entrees are meal-in-one specialties, so you can set dinner on the table in a flash. You will find delicious recipes for: Breakfast, Lunch and Dinner. Also tips to maximize the use of your pot. I also include all nutritional information, Weight Watcher Smart points so you can enjoy your food without worrying about over eating. I would also like to mention that I included in this cookbook only those slow cooker recipes which are fairly easy to cook, even though I have to admit that most of them will be ready in more than a couple of hours. This is because slow cooked meals need more cooking time compared to classic meals. But, the advantage comes from...



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