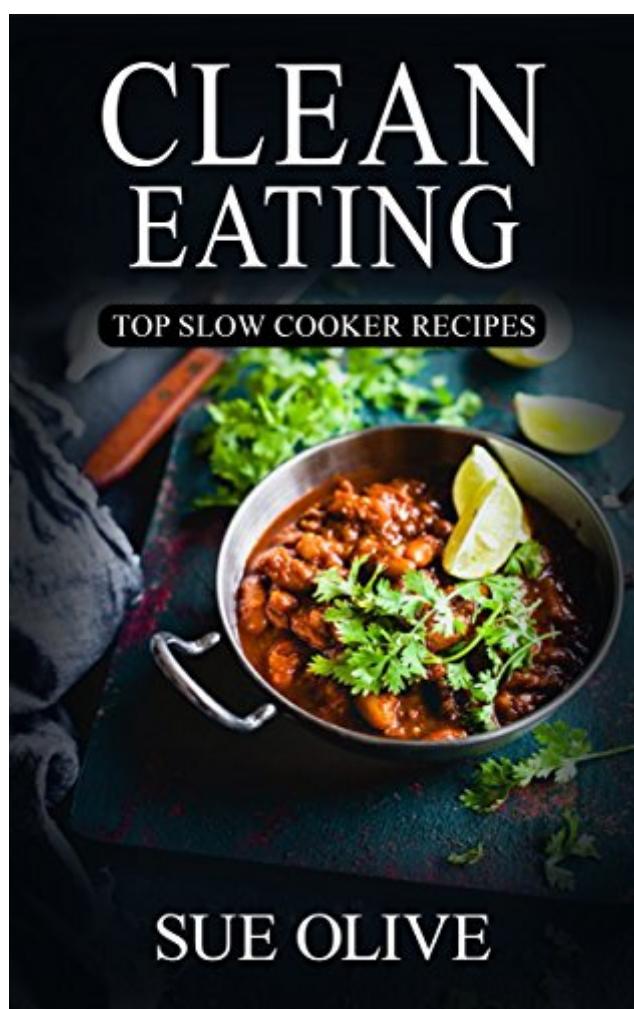


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# **Clean Eating: 230+ Healthy Slow Cooker Recipes - Your Guide To Natural Weight Loss® (1 Month FULL Meal Plan, Clean Eating Cookbook, Book)**



## Synopsis

If Creative Clean Eating Slow Cooker Recipes are What You Seek, then Look No Further.Why Use a Slow Cooker?Using a Slow Cooker is the Best and Easiest way to save time and still prepare a nutritious Clean Eating meal.Assemble the meal in the morning, add all ingredients into the Slow Cooker and at the end of the day Viola!Your Wholesome Dinner is ready without any mess or dishes to clean!By the same token, add one of these delicious breakfast slow cooker preparations before going to bed and wake up to a delightful meal in the morning that can be had as breakfast or brunch.The device requires only a very small amount electricity only to do its work and when compared with a standard oven, a slow cooker uses a lot less energy.And just because you're saving time and money doesn't mean you're sacrificing taste. Vegetables cooked in a slow cooker can absorb stocks, bone broths and spices, giving them fuller flavors.Finally, an easy way to prepare delicious meals without the extra time and effort!Some of the Profound Benefits You will Experience when consuming these Recipes:Accelerated Fat LossIncrease Energy Levels & VitalityAppetite ControlImproved Mental FocusLower Blood Sugar & CholesterolHormonal BalanceThis Book is split up into Three Sections sections:The First covers Simple Clean Breakfast Slow Cooker RecipesThe Second contains Sumptuous Brunch & Lunch Slow Cooker RecipesThe Third contains Deliciously mouthwatering Dinner Slow Cooker RecipesThe recipes in this book are like no other on the market, and careful attention has gone into pairing the simple yet intricate flavors.Here Is A Preview Of The Easy-to-Prepare Recipes you will find in this book:Chives and Bacon Breakfast OmeletCourgette Sausages and Bacon CasseroleBreakfast Pizza CrockpotTurkey and Eggplant BraiseSmoked Paprika Pork TenderloinSoupe a L'oignon CrockpotSpinach-Feta Stuffed Chicken BreastsSlow Cooker Ground Beef and Pumpkin ChiliKeto Seafood SoupSlow Cooker Lobster BisqueHungarian Rhapsody Cabbage StewBraised Apple Cider PorkPeppermint Lamb with Green BeansSeafood Chowder (Crock Pot)Slow Cooker Grouper and Shrimp SoupMediterranean Monkfish StewSlow Cooker Lamb with Mushrooms HaricotWho says fixing Wholesome meals are difficult to prepare?â^...â^...Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life!â^...â^...â^...

## Book Information

File Size: 1867 KB

Print Length: 210 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 6, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01JW7PJA2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

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## **Customer Reviews**

I loved all the 230+ healthy and delicious slow cooker recipes here! I liked how Sue Olive discussed the benefits of clean eating. Her writing made it easier for me to understand all the tips and step-by-step procedures here. The ingredients she used to each recipes here are all natural and healthy. Perfect for weight loss and healthy living.

I am collecting diet recipe book as a means of providing me with a wide variety of recipes to choose from that will not compromise my health. This book is a beautiful reference for clean eating with a doable one month meal plan. The slow cooker method is an ideal way of cooking to preserve most of the nutrients in the food. I really love wholesome meals without utilizing a lot of dishes. The easy to cook recipes in this guide are absolutely worth preparing.

With all of the obesity, fast food, and food packed with chemicals, it is nice to finally find a source for a FULL year of eating clean, tasty food. This book is packed full of great recipes that even my kiddos will eat! A great source of clean eating for the whole family. I really like this book!

Clean eating has gained popularity because of the vital role of eliminating the processed and the bad cholesterol ingredients in our meals, this will improve the body physiology healthy wise, the book has introduced a very organised diet plan that is based on a daily basis to give a good guideline.

I am actually the type who eats healthy. I have substituted common stuff used in the kitchen with healthier options like palm or coconut oil to extra virgin olive oil, using plain salt instead of fish sauce to name a few, which made following recipes from this book quite easy. I love it when cook books are very adaptable and simple. What made me appreciate this book more is that I love using slow cooker as it saves me time in preparing dishes. You pop all the ingredients in the slow cooker, leave it and then I can do errands for the rest of the day.

I recently saw a guy who used to go to the same gym as I do and was shocked to see how buff he is. He used to be overweight so I was taken back by the major improvement in his body. He told me that aside from constant exercise, he lost all the weight through clean eating. I initially had my reservations about clean eating because it seemed too much work but with this book was able to help me change my mindset. It's got some great ideas and recipes about how to eat "clean", meaning staying healthy and avoiding junk and other unnecessary food items that can stump your progress. I haven't tried clean eating out yet but I learned a lot from this book to help me get started.

I'm not a fan of diets but I've been meaning to shed off a few pounds. I don't like exercising either, so I thought my best bet would be a cleaner eating style. Downloaded this for the recipes. I think my biggest problem is that I don't really cook at home and tend to order take away food all the time. With this, I can now start preparing my own healthy food. Browsed the recipes and I loved the variety. Excited!

This book for sure takes away the stresses of what to cook for the following days as this one has a lot of mouth watering formulas to look over! Clean Eating let you encounter heavenly sustenance without it being undesirable. On the off chance that you have worries about coming up short on solid and flavorful formulas to throw together, get this book and stress no more. The recipes are highly appreciable regarding tastes.

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