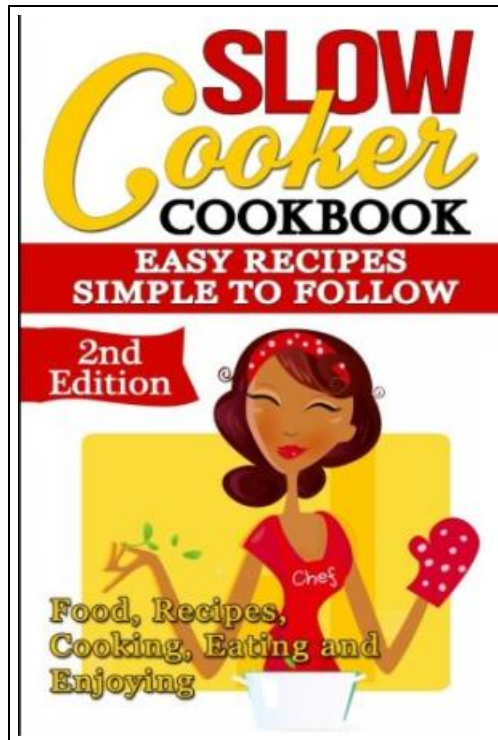


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. DON T YOU WISH YOU CAN PREPARE NUTRITIOUS MEALS FOR YOUR FAMILY WITHOUT SLAVING OVER THE STOVE FOR HOURS? THIS BOOK HELPS YOU MAKE THIS POSSIBLE! Of course, everyone wants to eat a healthy, home-cooked meal. But often, you simply don t have the time or energy to prepare one. When you are feeling drained and you want nothing more than to have a sumptuous meal that s ready to serve as soon as you walk in the door, all you need to do is read this book! A common misconception is that a home-cooked meal can only be achieved when you spend a lot of time preparing, blanching, boiling, basting, simmering, broiling, or roasting in your kitchen. Your crock pot eliminates the need for all these steps and simplifies you meal from preparation to serving. What s more, you can be sure that you are getting the maximum benefit from each ingredient because each nutrient is preserved for your consumption. Here s what this book contains: Energizing breakfast recipesDelicious protein-rich beef dishesYummy low-carb pork and lamb recipesA new take on chicken and turkey recipesHearty and comforting soup recipes These recipes provide you with more than just good nutrition. Some of the added benefits are: Simplified meal planning and preparationMeals from the pot to your plate without all the waitMaximum nutrition without compromising on taste So do not delay, and start enjoying rich-tasting dishes with the minimum effort.



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