



Weight Control with Slow Cooking: 40 Low Carb and Gluten-Free Recipes for Your Crockpot that are Budget-Friendly, Creative and Easy to Make (Crockpot Recipes & Weight Loss)

Dianna Grey

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Weight Control and Slow Cooking Go Hand in Hand

What Do You Need to Know About Controlling Your Eating Habits Using a Slow Cooker

Your slow cooker just might be the most helpful appliance you own. When you decide to use it to help you control your weight and eat healthy, you'll discover a world of delicious recipes and hearty options to choose from. This book will help narrow down your choices.

Slow cook your favorite recipes by putting it all in your slow cooker and letting it go. Your family and friends will love the unbelievable breakfasts, tender and juicy dinners and the mouth-watering desserts.

Inside You Will Learn:

- *How to Use Your Slow Cooker to Your Advantage* •
- *How to Make Inexpensive Meals Scrumptious* •
- *How to Choose Healthy Foods* •
- *What Alternatives You Can Use for a Healthier Diet* •
- *How to Make Easy Meals by Putting it All in Your Slow Cooker* •
- *How to Use Spices and Herbs to Your Advantage* •
- *Nutritional Values for Your Healthy Meals* •
- *And Much More*

Once you realize how easy it is to put everything you want in your meal in your slow cooker and let it cook over time, you won't want to make meals any other way. This recipe book will help propel you into a new world of delicious, easy meals that won't put a huge dent in your wallet.

Don't wait another minute. Learn how you can control your weight, your health status and improve your life using your slow cooker.

Don't Delay. Download This Book Now.

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Deborah Walker:

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James Waddell:

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