



Crock Pot: 101 Recipes For Weight Loss

Timothy Pyke

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Burn Fat and Lose Weight Rapidly with these 101 Amazing Crock Pot Recipes

Get this Amazon bestseller for your PC, Mac, smart phone, tablet or Kindle device. Hundreds of thousands of people across the globe have discovered the health benefits of the Slow Cooking and are losing that stubborn abdominal fat and lowering their risk for hundreds of obesity-related diseases. Slow Cooking is an easy cooking technique that allows you to unlock hidden flavors and textures from your food. It is versatile and you can cook any ingredients you can think of, from the cheapest cuts of meat to premium fillets. This book contains a wide range of recipes, from chicken to lamb to beef. They are all easy to source ingredients and simple to cook, their flavors are unique and yet balanced and the recipes themselves use just enough spices to turn a common recipe into an amazing one! Slow Cooking is not just effective in helping you with your weight loss goals but incredibly effective at other things such as building muscle, managing Gluten Intolerance and Celiac Disease, reversing diabetes, reducing heart disease and cancer risks, lowering blood pressure, and reducing cholesterol. **Inside this book You will find 101 delicious Crock Pot Recipes to jump start your weight loss goals**

Recipes Included Inside...

- Ground Beef Stroganoff
- Hamburger Chow Mein
- Barbecue Chicken Sandwich
- Cheesy Chicken
- Chicken with Black Beans and Cream Cheesy
- Sausage Omelet Casserole
- Bacon and Cheese Potatoes
- Spinach Gorgonzola Cornbread
- And Much, Much, More!

Download your copy now! *Take action with these amazing recipes and you will achieve all of your weight loss and health goals.*

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