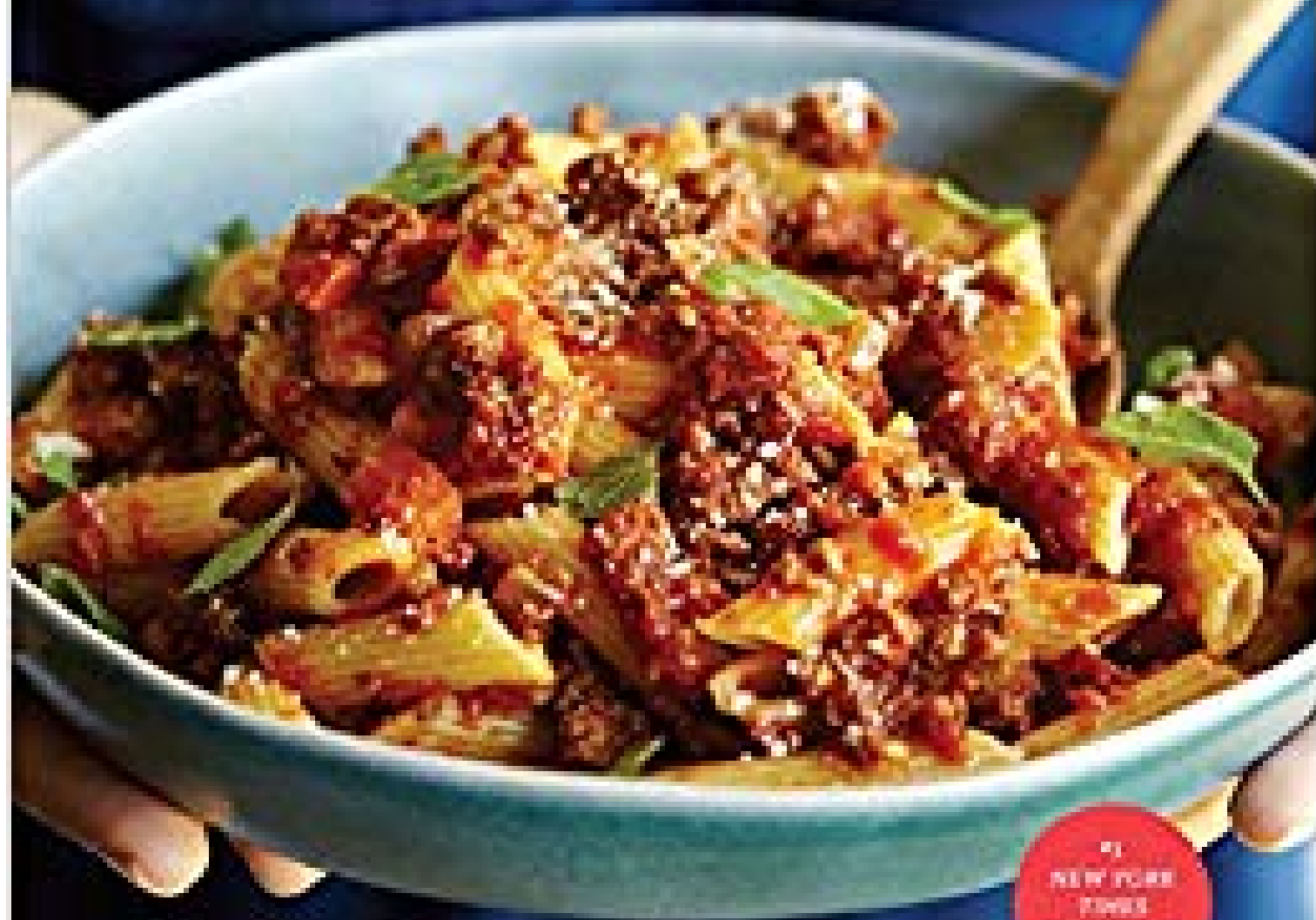


Knockout Quick-Fix and Slow Cooker Recipes

skinnytaste

FAST AND SLOW



GINA HOMOLKA

with Heather K. Jones, R.D.

#1
NEW YORK
TIMES
BESTSELLER

Gina Homolka

Skinnytaste Fast and Slow: Knockout Quick-Fix and Slow Cooker Recipes



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80+ Under 30 Minute Dishes and 60 Slow Cooker RecipesThe least complicated, tastiest, most convenient healthy recipes—Fried”With Skinnytaste Fast and Slow, you can get a nutritious, flavor-packed, figure-friendly meal—(Please note that nutritional information will get every recipe, but the most up-to-date Pounds Watchers points are available online at skinnytaste. Favorites include: all called out with helpful icons.whether in a slow cooker or in the oven or on the stovetop.on the table any nights the week.Gradual CookerChicken and Dumpling SoupKorean-Design Beef TacosSpicy Harissa Lamb RaguPeach-Strawberry Crumble Under 30 MinutesZucchini Noodles with Shrimp and FetaPizza-Stuffed Chicken Roll-UpsGrilled Cheese with Havarti, Brussels Sprouts, and Apple Cauliflower “ever! Rice Gina’ Gina Homolka, founder of the widely adored blog Skinnytaste, shares 140 dishes that come jointly in a snap—Each recipe includes nutritional information, which can help you take steps toward weight and health goals, and many dishes are vegetarian, gluten-free, and freezer-friendly—s practical guidance for eating well and 120 color photos round out this indispensable cookbook.complete with a flourless chocolate brownie manufactured in a sluggish cooker—com.)



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Delicious recipes but not really slow cooker friendly Pros: The dishes I've tried have all been very great. My children have liked them as well. The poultry burrito bowls certainly are a particular preferred. This is actually the one I know I'll continue to use as long as I have working hands and a kitchen haha! I frequently make a double recipe and put fifty percent on my freezer, so I appreciate knowing those freeze well.. Great food ideas The book is filled up with countless varieties of healthier choices 5 stars Amazing recipes Easy and Amazing! My husband and I pick about 4 meals weekly to make. I take advantage of it almost every day! Some require attention in the middle of the cooking period, followed by an additional 1-2 hours of cooking. The recipes are easy to follow, healthy and a hit with everyone! For example, I'm making the slow cooker spaghetti and meatballs today. I'd never have plenty of time each morning before work to get ready the meatballs (shred zucchini, roll 24 meatballs) or sauce (pre-make the garlic), so I had to do it last night. I really like the Skinnytaste books I love the Skinnytaste books. SKINNYTASTE FTW! I could use an store timer, but it will take a seat on my counter for 5 hours either before or after food preparation. Buy this reserve! This cookbook isn't that. The gradual cooker recipes for the most part have been so quick, easy, and basic. Beautiful cookbook! Beautiful book! I absolutely love everything about this publication. The Santa Fe eggrolls with avocado dipping sauce are another head to.!.Disadvantages: There are dishes that I will never make use of, including a complete chapter on breakfast and toast..both were delicious and so easy to create! I've produced about 1/8-1/4 of the quality recipes in the book up to now and lots of the spices come up again, therefore you're not constantly searching for obscure spices at Whole Foods/Trader Joe's that you'll never use again. This book will be my go-to for sure! I enjoyed the initial one, but that one demonstrated me so many new ingredients and preferences and flavors I hardly ever knew about. I've lost 30 lbs doing solely her recipes and fat watchers. I bought a copy for myself, my mom, and sister Young professional/avoiding remove I must say i love this book.! Recommend this book. I love the gradual cooker because it's easy to set up and make great meals with little work. We always have remaining overs. The dishes are fairly direct and simple, as will be the ingredients. I love the chapter devoted to tacos for Taco Tuesday and the section initially which has a meal program. Everything is so good, flavorful and healthy. However, if you are at house throughout the day and desire to make healthy, delicious meals in your gradual cooker, then it would be ideal for you. The photographs are beautiful and the nutritional content material is shown for every one of the recipes. A few of the "fast" recipes have a bit longer and may have a more involved process but are typically worth the increased work. I'm a Fat Watchers member, RN and mom to a toddler, so this reserve is an answer to my prayers. There's a complete chapter for zoodles but since I don't possess a spiralizer I haven't touched that one yet. I don't think about the cookbook so much as a diet/fat loss cookbook as only a simple, more wellness conscious one. A few of the dishes are more clearly targeted at decreased carbs but general the recipes rely even more on seasoning and occasionally tastes from cheeses which are usually used even more modestly. I'm brief, it's an excellent book for a single person trying to accomplish quick meals at the end of a long day or food prep for the week, or for hosting friends for dinner. How am I likely to do this from work? The recipes are super easy to make and the ingredients are pretty simple aswell. Korean Beef Tacos, Egg rice bowl, Bahn Mi Bowls, Korean beef tacos, Chicken Tikka Masala - are just some of my favs! In fact, it's rare that I have to go anywhere apart from Aldi to assemble up the ingredients. But now I'm faced with guidelines to prepare on low for 4-5 hours. My family has been eating just Skinnytaste recipes for some time now and losing plenty of weight sticking to the perfect portions. I wanted to add some new recipes to what we have been doing and this book was just what we needed. I was not

disappointed and everything we've tried provides been great! So far I've produced the Hamburger Stroganoff and Grilled Cumin-Rubbed Skirt Steak Tacos with Pickled Red Onions. I can verify the eating part of the equation, however and I have to say the food is normally remarkably flavorful and delicious. This cookbook is amazing! My husband and I pick about 4 meals ... This cookbook is amazing! But my biggest complaint is definitely that the sluggish cooker recipes are almost in name only. Love Hate Relationship I am writing this review based on inputs from my partner - as far as the cooking food of the quality recipes. It's perfect for young professionals who haven't prepared much and are trying to get away from buying lunch or take out. So far I've produced 10 recipes from it and they are all phenomenal! I experienced a hard time getting a cookbook but I must say i love this one! The grocery list is certainly pretty simple and usually under \$100.! Both of us are amazed at how the writer achieves such a large number of satisfying meals with such a minimal calorie count. We recommend this book for people who like to cook, love to eat and hate to exercise. Excellent recipes! I've always loved Gina's quality recipes online and We initially received this book as a birthday gift from my mom. She was therefore jealous that I acquired to buy her one for Xmas! Many of the recipes use unusual ingredirents--and handful of them--so there is always either a bottle of something in my own pantry that I'll never use again, or a couple of partial ingredients that will spoil before I find another recipe for them. And general they are supposed to be prepared for odd lengths of period.! Will need to have for busy people trying to consume healthy This cookbook has been the secret to my success with weight watchers. They require lengthy planning, such as pre-cooking the meat or vegetables. Do calculate the points before deciding on what things to cook, because not everything is super points friendly The best by far This is one of my all time favorite cookbooks. Love love love All her meals are delicious! And probably wouldn't possess, either. They are coded for different attributes, such as for example gluten-free or freezer-friendly. Fast and Slow makes life easier I love Gina's books! You can't go wrong with successful! They are beautiful to look at and read, the dishes are easy to prepare and delicious to eat. I was looking for a slow cooker cookbook which would accommodate how I want to use a gradual cooker: throw in the substances in 5 minutes, leave for 10 hours, and get back to a finished supper. Skinnytaste Like Gina and her dishes.



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