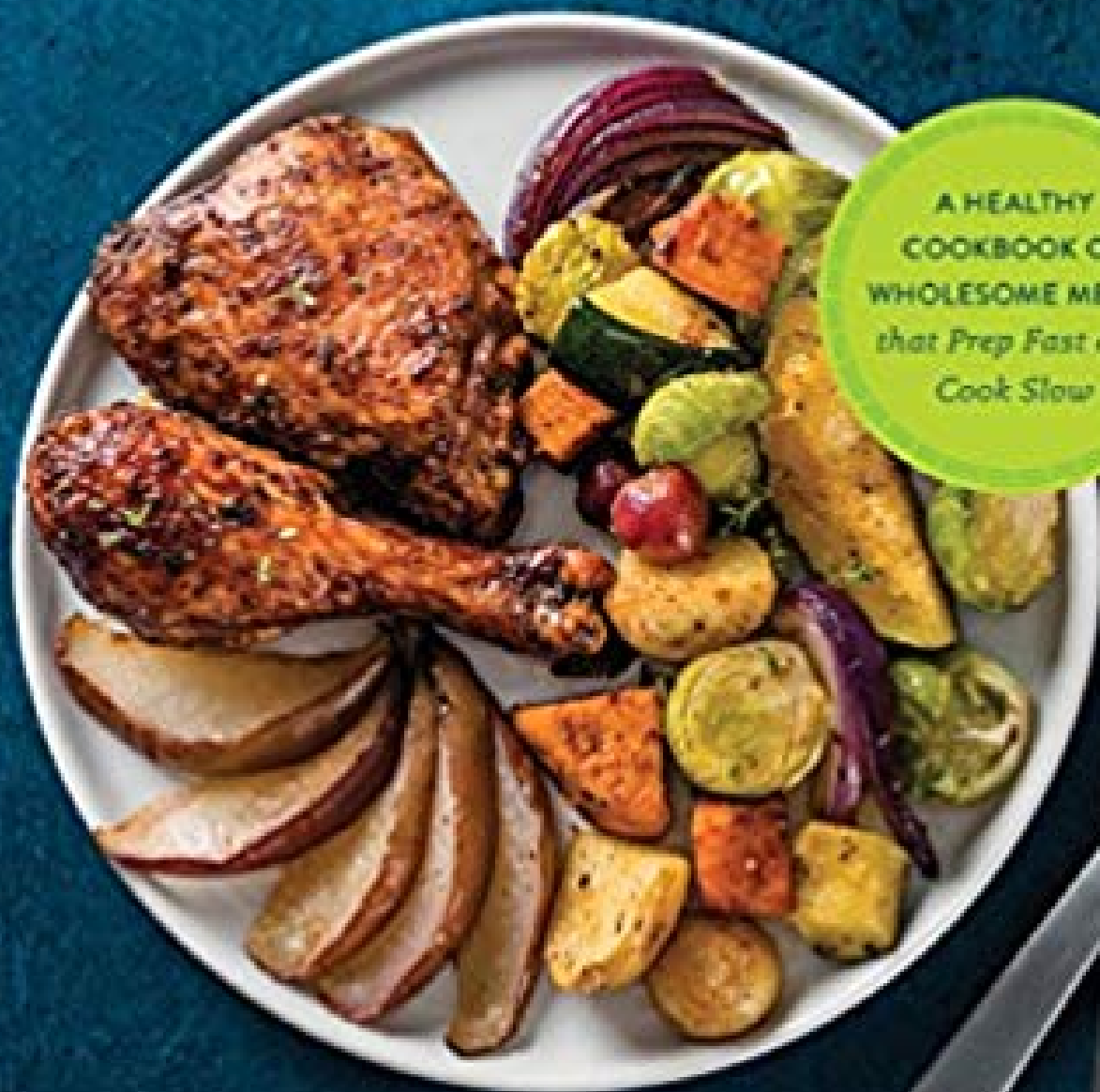


The Clean Eating SLOW COOKER



A HEALTHY
COOKBOOK OF
WHOLESOME MEALS
*that Prep Fast and
Cook Slow*

LINDA LARSEN

Foreword by Sonja Overhiser, *A Couple Cooks*

Linda Larsen

The Clean Eating Slow Cooker: A Healthy Cookbook of Wholesome Meals that Prep Fast & Cook Slow



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130 Slow Cooker Recipes to Help You Get a Quick Start on Clean Eating Whether you're seeking to slim down, gain energy, cut costs, or just feel healthier? there are numerous advantages to carrying out a clean eating lifestyle. With The Clean Eating Slow Cooker you'll discover just how easy and inexpensive it can be to start out eating cleaner and living healthier today...by using your trusty slow cooker! And she certainly didn't anticipate that clean eating wouldn't normally only be deliciously satisfying, but surprisingly easy as well. A lifelong lover of most things sugary and lovely, Linda never expected that she'd 1 day make the transition to clean consuming. If there's a very important factor that slow cooking professional Linda Larsen is aware of (other than slow cooking, that's) it's clean feeding on. With The Clean Eating Slow Cooker you'll enjoy: 130 clean consuming recipes that take no more than 20 minutes to get ready and include complete nutrition info A extensive guide to clean eating designed for slow cookers, like the best ways to preserve nutrients and the best clean ingredients for slow cooking Modified recipe callouts offering compatibility with nut-free, vegan, vegetarian, and gluten-free diets Clean eating doesn't have to mean tension in your kitchen and expensive grocery bills. In The Clean Taking in Gradual Cooker, Linda combines her two great loves and shares with you how basic it is to cook clean, whole-food meals at home. And despite everything you might think, beginning a clean eating diet could be easy and hassle-free.



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Great info and dishes, but zero photos of dishes. Bland Good receipt ideas however the few recipes I've made so far weren't my favorite. Most recipes are simple enough and ones that I could even get my kids interested in. We've tried a few recipes up to now and we really liked them. It's personal preference, but I love to observe visuals of what I'm producing before I make it. Very happy I bought this for my partner and she loves it. The only real downfall is the lack of photos. I simply wish they had photos of all recipes. This book has some helpful information for anybody trying to consume less processed junk and more "real" foods. Great for summer. One was delicious I've made three recipes from this. it takes awhile to figure out what functions for you once alone/on your own. Glad I bought this book. Two were.0/ I've just tried one recipe so far, so I don't need to knock the product to much. That said, the meals was bland. But Perhaps others may appreciate it. It'll be an "idea publication for times that I want a arranged it and forget it meal. Not as many recipies that I'd normally use. Gotta love anything you don't really have to prepare, but cooks for you. The clean eating slower cooker Enjoyed this cookbook. ;..disgusting. One was delicious. So... Studying the other dishes, I now plan on adding herbs, numerous peppers, and etc to add flavor in the future." If your not a cook and desire a book that you could follow the recipe precisely (and turn out delicious), I'd recommend another book. Weird ingredients, items I'd not really normally buy or have on hand. But I suppose others may enjoy it. Two Stars Recipes were okay.. Great job Great job enjoyable read have been checking out assorted cooking/meals prep styles-practices. Quality recipes were easy to follow and included easily purchased items. thank you for presenting this publication/method. a totally different world. Not really a great selection There are a few really good recipes, but many of them all taste the same. The good recipes in the reserve aren't even extremely clean. all with poor results. Also These dishes are flavorless and unimaginative. We made roughly 10 dishes from the publication, and tried small alterations to a small number of them, all with poor results. Also, the name of "Clean Eating" is normally vague and ultimately misleading, because they basically list buzz terms like "organic" or "grass-fed" without very much else in the way of substance. Good item, and prompt Great item , and prompt delivery Love eating healthy rather than really needing to cook. BUT I think that's because I don't know what I'm carrying out with my brand-new crock pot and I wanted an inspiration for dishes - not necessarily going to stick with clean eating. disgusting. And to be healthy doing it... There should've definitely been much more colors photos for the price I was charged..offered.



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