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Slow Cooker, Crock-Pot, Dutch Oven Recipes: Low Calorie, Tasty & Healthy Whole Foods Recipes **#SAYGODDBYETODIET**



Synopsis

One of my main goals is to eat good and tasty food which is also healthy and doesn't get me obese. A few years ago I started testing all sorts of recipes and I came to the conclusion that only slow cooked meals are meeting all my requirements. Therefore, I gathered in this book all the essential Slow Cooker/ Crock-Pot/ Dutch Oven recipes. Furthermore, these recipes contain also the number of calories per serving. This way you will be able to easily monitor your calorie intake. Please note that one fast food meal comes with more than 1000 calories. As you will see, the recipes presented in this book rarely go beyond 500 calories. So, what you will get here is the kind of meal that people dream about but they are afraid of eating this kind food because of the high number of calories intake that it normally brings. However, if you follow closely these recipes, you will notice that the number of calories in each recipe is pretty low, but the food tastes great. Forget about eating all sort of disgusting meals just because you need to stay in shape. Eat normal, healthy, good looking, tasty food, which you will cook easily and which will NOT ADD ANY extra pound. Say Goodbye to Diet! PS: Each recipe is accompanied by a review. The reviews are actually real opinions from people that have used these recipes. Some of them are even suggesting some nice and interesting modifications of those specific recipes.

Book Information

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Customer Reviews

Quick Overview At first glance, this cookbook appears to be outstanding, Certainly, the recipes selected, combined with the reviews of each dish and additional commentary, makes this one of the

best cookbooks for any household desiring good food that can lead to weight loss. Digging into the recipes, however, will reveal some points needing improvement to make this the more nearly perfect. Read on to learn why! |Length: Print, 233 pages.Q - Are there a lot of typos/misspellings, grammatical errors or other editing failures?A - " No, but there are some formatting errors and some ingredient listing techniques that could be improved. What I mean is, in many cases, the name of the recipe appears at the bottom of the previous recipe, rather than heading the page of the recipe for which it is intended. Secondly, as can be seen in screen shots attached to this review, some of the recipes list ingredients in what I regard as the wise, top-down order but then, near the end of the list, the quantity of an ingredient is larger than those preceding it. This can lead to mistakes by the cook, in that such persons might be thinking, say, teaspoon, when it calls for tablespoon. I first learned the danger in this sort of listing the hard way and so am very attuned to the potential for ruined food.Q - Is this a fast, easy read or is it more of a leisure read?A - " This is a reference book, not a book to read.Q - What sort of language does this writer use to amplify the points made?A - " Plain English.Q - " What age group is this suitable for?A - " Young Adult and older.Q - My biggest pleasure or disappointment?

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