



Healthy Recipes Box Set: 65+ Healthy and Easy to Make Low Carb, 5:2 Diet, Slow Cooker, Clean Food Diet and Cookies Recipes (low carb recipes, 5 2 diet, losing weight)

Eunice Hines, Cindy Howard, Sara Hughes, Heather Klein, Una Soto

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BOOK #1: Slow Cooker: Cooking and Recipes for Weight Loss: 60 Simple and Easy Recipes

Are you sick and tired of being out of shape? Have you been putting off losing weight because the thought of eating healthier meals just isn't all that appealing? Or perhaps you feel like you just don't have the time to cook healthier meals?

I was in the same boat a couple of years ago, and if you're like me, you didn't want to give up your comfort foods.

BOOK #2: Low Carb Recipes: 20 Healthy and Delicious Low Carb Recipes You Can Prepare Easily and Reduce Your Weight

When it comes to eating healthy most people think that you have to eliminate taste and the foods that we love. In fact when it comes to diets if we just change the way that we look at food and how it reacts to our bodies.

In this book we will educate you about foods. We will tell you how food breaks down in our bodies and how our bodies use that food to create energy, fat and other substances our bodies need to be healthy.

BOOK #3: 5:2 Diet Cookbook: 20 Fast and Easy to Make Diet Recipes To Reduce Your Weight

We've all tried many crazy things to lose weight: vibrating belt machines, shake weight, liquid diets or even eating nothing but steak for weeks at a time. The modest method proposed in this book is to have a balanced diet and lose weight by learning how to make delicious, nutritious and healthy food that can be prepared in advanced for daily lunches or whipped up quickly when you come home from work.

BOOK #4: Slow Cooker Meals: 22 Fast, Easy to Make, and Delicious Slow Cooker Recipes

Slow cooker recipes offer a wonderful time to savor delicious recipes while you attend to various household chores. If you have the time, the slow cooker recipes are an incredible source to enjoying a fantastic dish after a tiresome activity. Instead of the hot stove, the method involves slow cooking using the regular crock-pot. You can begin with toasty drinks to appetizers and main dishes to desserts, there are a plenty of recipes that will make every day countable, happening, and healthy.

BOOK #5: Clean Food Diet: Learn Top 10 Processed Food You Should Avoid to Reduce Your Weight

There is no need to follow a fad diet because the clean food diet is much better to follow. The diet promotes the use of healthy food items while skipping all unhealthy foods and alcoholic beverages. The *Clean Food Diet: Learn Top 10 Processed Food You Should Avoid to Reduce Your Weight* is a special book designed for you to promote better health.

BOOK #6: Cookies: Delicious Cookie Recipes You can Make in Less than 20 Minutes

Do you like cookies? Here are great news for you - Delicious Cookie Recipes You can Make in Less than 20 Minutes

Here is a book everyone who loves cookies will sure like to have at hand. Here is a combination of some mouth watering cookie recipes for your awesome delight and for the whole family at large. The various recipes included in this book have been carefully selected from amongst the several cookies that are available. Along with the cookies are step by step preparation processes and guide into how to prepare each cookie recipe. Every recipe included has been written about in very simply easy to follow systematically compiled instructions. You can't miss any of the procedures if you follow the instructions in this recipe book.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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From reader reviews:

Brandon Huff:

In this 21st centuries, people become competitive in every single way. By being competitive today, people have do something to make all of them survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated the item for a while is reading. Yes, by reading a guide your ability to survive enhance then having chance to remain than other is high. For you who want to start reading some sort of book, we give you this kind of Healthy Recipes Box Set: 65+ Healthy and Easy to Make Low Carb, 5:2 Diet, Slow Cooker,Clean Food Diet and Cookies Recipes (low carb recipes, 5 2 diet, losing weight) book as starter and daily reading book. Why, because this book is more than just a book.

Christopher Mueller:

This Healthy Recipes Box Set: 65+ Healthy and Easy to Make Low Carb, 5:2 Diet, Slow Cooker,Clean Food Diet and Cookies Recipes (low carb recipes, 5 2 diet, losing weight) are usually reliable for you who want to become a successful person, why. The explanation of this Healthy Recipes Box Set: 65+ Healthy and Easy to Make Low Carb, 5:2 Diet, Slow Cooker,Clean Food Diet and Cookies Recipes (low carb recipes, 5 2 diet, losing weight) can be one of several great books you must have is definitely giving you more than just simple reading food but feed an individual with information that possibly will shock your previous knowledge. This book is handy, you can bring it just about everywhere and whenever your conditions throughout the e-book and printed versions. Beside that this Healthy Recipes Box Set: 65+ Healthy and Easy to Make Low Carb, 5:2 Diet, Slow Cooker,Clean Food Diet and Cookies Recipes (low carb recipes, 5 2 diet, losing weight) forcing you to have an enormous of experience like rich vocabulary, giving you demo of critical thinking that we realize it useful in your day task. So , let's have it and luxuriate in reading.

James Fong:

Are you kind of hectic person, only have 10 or maybe 15 minute in your day to upgrading your mind talent or thinking skill also analytical thinking? Then you are having problem with the book in comparison with can satisfy your small amount of time to read it because pretty much everything time you only find guide that need more time to be go through. Healthy Recipes Box Set: 65+ Healthy and Easy to Make Low Carb, 5:2 Diet, Slow Cooker,Clean Food Diet and Cookies Recipes (low carb recipes, 5 2 diet, losing weight) can be your answer as it can be read by an individual who have those short extra time problems.

Patsy Kuster:

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