



# **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.

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**Janet Medley:**

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**Crystal Freeman:**

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 your basic books that are good ideas. Most of us recommend that straight away because this resource has good vocabulary that could increase your knowledge in terminology, easy to understand, but entertaining however delivering the information. The author giving his/her effort to get every word into a satisfaction arrangement in writing 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) however doesn't forget the main point, giving the reader the hottest in addition to based confirmed resource data that maybe you can be among it. This great information can easily draw you into a brand-new stage of crucial thinking.

**Howard Foster:**

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) is a great e-book for you because the content which can be full of information for you who also always deal with the world and have to make a decision every minute. This book reveals its data accurately using great arranged words or we can state no rambling sentences included. So if you read the item hurriedly you can have whole info in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with wonderful delivering sentences. Having 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) in your hand like finding the world in your arm, details in it is not ridiculous a single. We can say that no publication that offers you the world throughout ten or fifteen moments right but this e-book already does that. So, this really is a good reading book. Hey Mr. and Mrs. active do you still doubt that will?

**Audra Yoder:**

As a scholar exactly feel bored for you to reading. If their teacher asked them to go to the library in order to make summary for some book, they are complained. Just little students that has reading's heart or real their hobby. They just do what the educator want, like asked to the library. They go to at this time there but nothing reading significantly. Any students feel that reading is not important, boring as well as can't see colorful pictures on there. Yeah, it is to become complicated. Book is very important for you personally. As we know that on this era, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. So , 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 make you experience more interested to read.

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