



# **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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**From reader reviews:**

**Daniel Smith:**

What do you concerning book? It is not important together with you? Or just adding material if you want something to explain what you problem? How about your free time? Or are you busy particular person? If you don't have spare time to try and do others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? Every person has many questions above. They need to answer that question because just their can do this. It said that about e-book. Book is familiar on every person. Yes, it is right. Because start from on pre-school until university need 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) to read.

**Julie Ross:**

Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or their particular friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? May be reading a book is usually option to fill your no cost time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the guide untitled 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 good book to read. May be it could be best activity to you.

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A lot of people always spent their very own free time to vacation or maybe go to the outside with them household or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read a new book. It is really fun for you. If you enjoy the book you read you can spent all day long to reading a book. The book 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) it is extremely good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. When you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book from your smart phone. The price is not too expensive but this book has high quality.

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