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Meal Prep - Slow Cooker: Meal Prep Guide Meal Prep Recipes (Paperback)

By Beran Petra

Createspace Independent Publishing Platform, 2017.
 Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Meal Prepping is becoming more popular in this day and age. With the hectic schedules we put on ourselves these days, finding time to cook healthy choice meals each and every day, is becoming harder, and harder to do. This is why meal prepping is so awesome! This meal prepping guide, comes with a lot of delicious slow cooker recipes, that you can add to your recipe book shelf for years to come. Check out what is inside. Meal Prepping 101 What you ll need: Step 1: Figure out What Everyone Wants to Eat! Step 2: Create the Grocery List Step 3: Know the Fridge and Shelf Life of Your Groceries Step 4: The Actual Task of Preparing your Meals Breakfast: Lunch: Dinner: Conclusion: 50 Delicious Slow Cooker Recipes Crock Pot Chicken and Kale Soup Crock Pot Lasagna Crock pot Cauliflower rice Crockpot Chicken Tikka Masala Crockpot White bean Chili Chicken Soup Cheddar Enchilada Stuffed Peppers with Chile Verde Sauce Peach Balsamic Rosemary Chicken Crockpot Cauliflower Bolognese with zucchini noodle Crock pot Cashew Chicken Crockpot Chicken and okra Slow Turkey Soup...



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