



Slow-Cook Yourself Skinny (Low Fat, Low Calorie Slow Cooker Meals)

Sara Winlet

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If you are trying to lose weight, you will want to meet your new best friend, your slow cooker. This low calorie slow cooker recipe book makes it easy to cook healthy, affordable meals without spending hours in the kitchen. At 450 calories or less per serving, these stew, chicken, beef, and pork recipes will help you lose weight as you enjoy delicious, nutritious meals.

Slow-Cook Yourself Skinny (Low Fat, Low Calorie Slow Cooker Meals) Details

Date : Published March 9th 2014

ISBN :

Author : Sara Winlet

Format : Kindle Edition 71 pages

Genre : Food and Drink, Cookbooks, Cooking, Food, Reference

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From Reader Review Slow-Cook Yourself Skinny (Low Fat, Low Calorie Slow Cooker Meals) for online ebook

Maria Miaoulis says

The reason many people prefer to eat out instead of cooking up a meal in their home is because the latter is time-consuming and requires a lot of effort. However, with cookbooks like this one featuring easy-to-make, delicious recipes, you'll actually look forward to cooking, especially when you're getting healthy in the process.

s.schoenbauer says

Recipes are easy

the recipes appear easy and use ingredients that are readily available, I can't wait to try them.
they sound delicious

Tori says

This is a wonderful cookbook full of slow cooker meals. Lots of them look delicious and easy. One thing I liked the most was not only did it include the ingredients and directions but the serving size and nutritional information.

Bobbie Phelps says

Great!

All of these recipes look tasty and easy. And they are low calorie.
I'm going to try them all. thank you!

Julie Barrett says

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Colorful with pictures and nutritional information. What I really liked also is that you just throw the ingredients all into the cooker, no fuss!

shrimp and rice would be my favorite to try.

Information at the very beginning tells you how to make the meals more healthier and by substituting some of the ingredients.

Gets right into the recipes and doesn't waste your time by telling you all the differences between the slow

cookers and pressure cookers.

Stephanie says

Slow cooker meals

I have been looking for low calorie meals. I chose this book to see what was available. I've not tried any of the recipes as of yet, but I plan to. I have glanced through the book and found several recipes to my liking. Can't wait to try them. using a slow cooker is ideal for those that work or don't have time to cook. pop out in, turn it on, cover, and let cook. ready to eat when you get home.

Barbara Cooper says

A nice assortment of recipes

It is too soon to tell if this actually would help you lose weight, but the recipes are very appealing. I made the Santa Fe Chicken BUT the amount of cayenne pepper listed was waaaay too much! It called for one teaspoon which would have taken skin off the roof of your mouth! I used only 1/4 teaspoon which made it nice and spicy. Use discretion with the amounts.

janice darby says

Good recipes...some odd ingredients

Like the lower fat options suggested. The pictures are lovely and for the most part the recipes are easy to follow.

Jessica says

Good recipes

a few good recipes for crock pots. low fat and low calorie and pretty much can be made clean very easily.

Patrick Reid says

Not just for dieters

fast easy to assemble meals that are nutritious and taste great. this is for anyone who wants a hot healthy meal that's actually enjoyable and does not require standing over a stovetop.

Darlene says

These recipes sound easy and yummy. Going to have to try some of them.

Sandra Decker says**Yummy recipes**

recipes look simple to make . sound appetizing and seem like they would be filling . I would recommend this book to everyone who likes to do crock pot cooking .

Danni says

I skimmed through this book so that I could see what was in it. Most of it looks super tasty. I can't wait to try some of them out.

Caperella says**Simple**

Simple inexpensive recipes, that I will put to use. Love all the different chili recipes. The fact that I may get skinny helps!

Angela Ezell says**Skinny recipients Really**

I could not believe the variety and ease of preparation. This looks like something I could enjoy using. Bon Appet
