



Nutrition Diet: Crockpot Yumminess and Metabolic Foods

Vicki Eichman, Balfour Belkis

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Nutrition Diet: Crockpot Yumminess and Metabolic Foods The Nutrition Diet book covers two healthy diet plans featuring "Crockpot" Recipes and the Metabolism Diet. Both of these call for good diet foods in the healthy recipes. These two are good diets to go on if you wish to boost your metabolism and have healthy foods that are quick and easy to prepare (Crockpot recipes.) Good diet plans such as the ones featured in this book are great for making a good nutrition lifestyle. The first section of the Nutrition Diet book covers the Crockpot Recipes with these chapters: Benefits of Crockpot Cooking, Tips and Information for Slow Cooking, making Bread, Quick and Easy Breakfast Recipes, Make Ahead Lunch Time Meals, Delightful Dinner Specialties, Favorite Slow Cooking Recipes for Crowds, Awesome Soups, Delicious Desserts, Snacks, Drinks, and More, and a 5 Day Meal Planner. The second section of the Nutrition Diet book covers the Metabolism Diet with these chapters: Metabolism Diet Allowable Foods, Metabolism Diet Avoided Foods List, How the Metabolism Diet Helps with Weight Loss, Other Foods Found to Boost Metabolism, The Best Beverage for Boosting Metabolism, Advice to Help Facilitate Weight Loss While On the Metabolism Diet, Sample 5 Day Menu Plan, Metabolism Diet Recipes - Breakfast Recipes, Bread Recipes, Snacks, Desserts and Appetizer Recipes, Side Dish Recipes, and Main Dish Recipes. A sampling of the included recipes are: Meatloaf, Homestyle Rotisserie Chicken, Roasted Chicken, Grain Free Bread, Quick Soy Skillet Bread, Beefy Taco Dip, Warm Cinnamon Almonds, Mock Swiss Steak, Saucy Slow Cooker Meatballs, Crockpot Roast Beef Grinders, Fruity Greek Yogurt, Sweet Grain Morning Cereal, Cinnamon Laced Oatmeal, Crock Pot Chicken Fajitas, Zesty Crock Pot Chili, Flavorful Chicken Noodle Soup, Crock Pot Tomato Soup, and more.

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