

The Skinny 5:2 Diet Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories for Your 5:2 Diet (Paperback)



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Reviews

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(Micaela Kutch)

THE SKINNY 5:2 DIET SLOW COOKER RECIPE BOOK: SKINNY SLOW COOKER RECIPE AND MENU IDEAS UNDER 100, 200, 300 AND 400 CALORIES FOR YOUR 5:2 DIET (PAPERBACK)



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Bell Mackenzie Publishing, United Kingdom, 2013. Paperback. Book Condition: New. 216 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****.Imagine a diet where you can eat whatever you want for 5 days a week and fast for 2. That s what the 5:2 diet is and it s revolutionised the way people think about dieting. The Skinny 5:2 Diet Slow Cooker Recipe Book is packed with advice, info, slow cooker recipes and snack inspiration ideas to get you started and keep you on track. As bestselling Amazon authors of The Skinny Slow Cooker Recipe Book range we noticed lots of 5:2 followers were buying our books, so we decided to put our existing recipes, along with some new ones, into easy to use menu planners to support your 5:2 efforts. With 36 daily meal planners this book has everything you need to get you through, and with family friendly recipes and suggestions you can still feed your family as well as yourself even on your fasting days. Slow cooker recipes include: Perfect Pulled Pork Sweet Asian Chicken Chili Con Carne Wild Mushroom Stroganoff (v) Italian Meatballs Budapest s Best Beef Goulash Enchilada El Salvador Sweet Sour Pineapple Pork Sweet Citrus Salmon Best Ever Chicken Curry Hand To Mouth Tex Mex Tacos (v) Tuna Noodle Cattia Luscious Italian Chicken Lean Green Risotto (v) Green Thai Fish Curry Slow Spanish Tombet (v) Zingy Lime Chicken Shepherd-less Pie (v) Lovely Lemony Garlicky Chicken Slow Cooked Corn On The Cob (v) St Patrick s Day Soup (v) Corn Potato Chowder (v) Super Simple Chicken Taco Soup Hock Ham Split Pea Soup Asian Hot Soup (v) Zucchini Soup (v) Barley Chestnut Mushroom Soup (v) Bean, Rosemary Roasted Garlic Dip (v) Nacho, Bean Onion Dip (v) Multigrain Breakfast (v) Morning Millet...



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