

Crock Pot Recipes The Ultimate 500 Crockpot Recipes Cookbook Crock Pot Meals Crock Pot Cookbook Slow Cooker Slow Cooker Recipes Slow Cooking Slow Meals Paleo Vegan

IF YOU ALLY COMPULSION SUCH A REFERRED **CROCK POT RECIPES THE ULTIMATE 500 CROCKPOT RECIPES COOKBOOK CROCK POT MEALS CROCK POT COOKBOOK SLOW COOKER SLOW COOKER RECIPES SLOW COOKING SLOW MEALS PALEO VEGAN** BOOKS THAT WILL ALLOW YOU WORTH, ACQUIRE THE UNQUESTIONABLY BEST SELLER FROM US CURRENTLY FROM SEVERAL PREFERRED AUTHORS. IF YOU WANT TO WITTY BOOKS, LOTS OF NOVELS, TALE, JOKES, AND MORE FICCTIONS COLLECTIONS ARE AFTER THAT LAUNCHED, FROM BEST SELLER TO ONE OF THE MOST CURRENT RELEASED.

YOU MAY NOT BE PERPLEXED TO ENJOY ALL EBOOK COLLECTIONS **CROCK POT RECIPES THE ULTIMATE 500 CROCKPOT RECIPES COOKBOOK CROCK POT MEALS CROCK POT COOKBOOK SLOW COOKER SLOW COOKER RECIPES SLOW COOKING SLOW MEALS PALEO VEGAN** THAT WE WILL TOTALLY OFFER. IT IS NOT ON THE ORDER OF THE COSTS. ITS NEARLY WHAT YOU COMPULSION CURRENTLY. THIS **CROCK POT RECIPES THE ULTIMATE 500 CROCKPOT RECIPES COOKBOOK CROCK POT MEALS CROCK POT COOKBOOK SLOW COOKER SLOW COOKER RECIPES SLOW COOKING SLOW MEALS PALEO VEGAN**, AS ONE OF THE MOST OPERATING SELLERS HERE WILL UTTERLY BE AMONG THE BEST OPTIONS TO REVIEW.

THE DEFINED DISH - ALEX SNODGRASS 2019

GLUTEN-FREE, DAIRY-FREE, AND GRAIN-FREE RECIPES THAT SOUND AND LOOK WAY TOO DELICIOUS TO BE HEALTHY FROM THE DEFINED DISH BLOG, FULLY ENDORSED BY WHOLE30.

HEALTHY SLOW COOKER RECIPES COOKBOOK - HELENA WALKER 2020-01-16

500 EASY ONE-POT SLOW COOKER RECIPES SPEND MORE TIME ENJOYING YOUR MEAL AND LESS TIME CLEANING UP!!! YES, THE SLOW COOKER CAN BE YOUR MAGIC GENIE, DOING THE WORK FOR YOU WHILE YOU SLEEP OR WHILE YOU HAVE OTHER THINGS TO DO. YOU THROW IN ALL YOUR INGREDIENTS, LET IT SLOW COOK FOR A FEW HOURS, AND COME BACK FOR A READY-TO-EAT MEAL. YOU SAVE TIME, ENERGY, MONEY, AND MOST OF ALL, SERVE HEALTHY AND DELICIOUS FOOD TO YOUR FAMILY. HEALTHY SLOW COOKER RECIPES COOKBOOK IS A DELICIOUS COLLECTION OF HEALTHY ONE-POT RECIPES THAT WILL PLEASE EVERYONE AT THE TABLE AND BECOME ALL TIME FAVORITES: WHOLESOME BREAKFAST AND LUNCH RECIPES SATISFYING SLOW COOKING SOUP, STEW AND CHILI RECIPES FLAVORFUL FISH AND SEAFOOD RECIPES SLOW COOKING RICE AND BEANS RECIPES DELICIOUS SLOW COOKING RECIPES FOR POT ROAST, ROAST BEEF, PORK ROAST AND WHOLE CHICKEN DELECTABLE DESSERT RECIPES BONUS! LOW-CARB, KETO, VEGAN, VEGETARIAN AND MEDITERRANEAN SLOW COOKER RECIPES. USE THESE HEALTHY AND EASY ONE POT CROCK POT RECIPES AND START COOKING TODAY! TAGS: ONE POT SLOW COOKER, EASY SLOW COOKER RECIPES, SLOW COOKER RECIPES FOR POT ROAST, SLOW COOKER RECIPES FOR ROAST BEEF, SLOW COOKER RECIPES FOR PORK ROAST, WHOLE CHICKEN SLOW COOKER RECIPES, SLOW COOKING CHILI, SLOW COOKING STEW, SLOW COOKING RICE, SLOW COOKING BEANS, SLOW COOKING, SLOW COOKER RECIPES FOR ONE, SLOW COOKER RECIPES FOR TWO.

FIX-IT AND FORGET-IT LIGHTLY REVISED & UPDATED - PHYLLIS GOOD 2015-01-27

A NEW YORK TIMES BEST SELLER! DISCOVER MORE THAN 500 RECIPES THAT ARE MOUTHWATERING BUT GUILT-FREE! FROM THE NEW YORK TIMES BEST-SELLING AUTHOR OF THE FIX-IT-AND-FORGET-IT SERIES COMES THIS NEW COLLECTION OF HEALTHY, LOW-FAT RECIPES FOR YOUR SLOW COOKER. EACH TANTALIZING RECIPE COMES WITH AN ANALYSIS OF ITS CALORIES, AND CARBS, AS WELL AS WHAT IT CONTRIBUTES TO YOUR DAILY VITAMINS AND NUTRIENTS. INSIDE, YOU WILL FIND TANTALIZING DISHES LIKE: CHICKEN ITALIANO DILLED POT ROAST CHOW MEIN LENTIL AND RICE PILAF SURVIVAL SOUP HOT ARTICHOKE DIP AND MORE! THIS INNOVATIVE REFERENCE TO HEALTHY-EATING IS SURE TO CONVINCING YOU THAT EATING LIGHTLY NEVER TASTED THIS GOOD! SKYHORSE PUBLISHING, ALONG WITH OUR GOOD BOOKS AND ARCADE IMPRINTS, IS PROUD TO PUBLISH A BROAD RANGE OF COOKBOOKS, INCLUDING BOOKS ON JUICING, GRILLING, BAKING, FRYING, HOME BREWING AND WINEMAKING, SLOW COOKERS, AND CAST IRON COOKING. WE'VE BEEN SUCCESSFUL WITH BOOKS ON GLUTEN-FREE COOKING, VEGETARIAN AND VEGAN COOKING, PALEO, RAW FOODS, AND MORE. OUR LIST INCLUDES FRENCH COOKING, SWEDISH COOKING, AUSTRIAN AND GERMAN COOKING, CAJUN COOKING, AS WELL AS BOOKS ON JERKY, CANNING AND PRESERVING, PEANUT BUTTER, MEATBALLS, OIL AND VINEGAR, BONE BROTH, AND MORE. WHILE NOT EVERY TITLE WE PUBLISH BECOMES A NATIONAL BESTSELLER, WE ARE COMMITTED TO BOOKS ON SUBJECTS THAT ARE SOMETIMES OVERLOOKED AND TO AUTHORS WHOSE WORK MIGHT NOT OTHERWISE FIND A HOME.

500 CROCK POT EXPRESS RECIPES - JAMIE STEWART 2017-11-26

IN THIS COOKBOOK YOU WILL FIND 500 RECIPES FOR THE CROCK POT EXPRESS DIVIDED INTO THE FOLLOWING CATEGORIES: - VEGETABLES - POULTRY - PORK - BEEF - FISH & SEAFOOD - VEGAN - BEANS & GRAINS - FAST SNACKS - DESSERTS - OTHER FAVORITE'S IF YOU ARE CONSIDERING A HEALTH-ORIENTED AND FAST-PACED LIFESTYLE, AN ELECTRIC PRESSURE COOKER IS THE RIGHT KITCHEN TOOL FOR YOU. THE CROCK POT EXPRESS IS A REVOLUTIONARY MULTI-COOKER THAT UTILIZES ONE-TOUCH TECHNOLOGY, HIGH TEMPERATURES AND HIGH-PRESSURE TO COOK YOUR FOOD IN A HEALTHY WAY WHILE SAVING YOUR TIME AND MONEY. CHOOSING AN ELECTRIC PRESSURE COOKER DOESN'T MEAN SKIMPING ON FLAVOR. AS A MATTER OF FACT, IT MEANS REACHING FOR THE HEALTHIER AND FASTER VERSIONS OF YOUR FAVORITE DISHES! THIS BOOK WILL GIVE YOU THE GUIDELINES TO GET THE MOST OUT OF YOUR CROCK POT EXPRESS. THE CROCK POT EXPRESS IS A MULTIFUNCTIONAL PROGRAMMABLE COOKER THAT CAN DO THE JOB OF AN ELECTRIC PRESSURE COOKER, A SLOW COOKER, RICE MAKER, A STEAMER, A SAUTÉ ING PAN, A WARMING POT, AND YOGURT MAKER. THUS, THE CROCK POT EXPRESS IS GIVEN A PLACE OF HONOR ON THE KITCHEN COUNTERTOP!

SLOW COOKING FOR TWO: A SLOW COOKER COOKBOOK WITH 101 SLOW COOKER RECIPES DESIGNED FOR TWO PEOPLE -

MENDOCINO PRESS 2014-03-06

NEW YORK TIMES BESTSELLER CREATE EASY AND DELICIOUS MEALS FOR TWO WITH SLOW COOKING FOR TWO. IF YOU'RE SHORT

ON TIME, FEW IN NUMBERS, AND CRAVING THE COMFORT OF A HOME-COOKED MEAL, SLOW COOKING FOR TWO IS HERE TO SAVE THE DAY. SLOW COOKING FOR TWO OFFERS 101 EASY RECIPES MEANT FOR JUST TWO PEOPLE, INCLUDING SOUPS, STEWS, CASSEROLES, DESSERTS, AND MORE. SLOW COOKING FOR TWO WILL SAVE YOU TIME AND MONEY WITH SIMPLE AND DELICIOUS MEALS THAT ARE FLAVORFUL WITHOUT REQUIRING HOURS OF PREPARATION. SLOW COOKING FOR TWO WILL GIVE YOU ALL THE TOOLS YOU NEED TO START ENJOYING SLOW COOKING FOR TWO PEOPLE, WITH: 101 EASY SLOW COOKER RECIPES SPECIFICALLY DESIGNED FOR 1½ AND 2-QUART SLOW COOKERS COMFORTING SLOW COOKING FOR TWO RECIPES, INCLUDING MINISTRONE SOUP, BEEF BOURGUIGNON, CHICKEN POT PIE, MAC AND CHEESE, AND TURTLE BROWNIES EASY ONE-POT MEALS, INCLUDING SHORT RIBS WITH POLENTA AND MEAT LOAF WITH POTATOES PRACTICAL TECHNIQUES FOR SLOW COOKING FOR TWO, INCLUDING SHOPPING LISTS, AND FOOD PREPARATION AND STORAGE TIPS SLOW COOKING FOR TWO WILL MAKE IT EASY FOR YOU (AND ONE MORE!) TO ENJOY DELICIOUS AND HASSLE-FREE MEALS. 500 HEART-HEALTHY SLOW COOKER RECIPES - DICK LOGUE 2010-12-01

EVERYONE LOVES THE COMFORT-FOOD APPEAL AND CONVENIENCE OF SLOW COOKER FARE. HOWEVER, TRADITIONAL SLOW COOKER RECIPES ARE HIGH IN SODIUM, CHOLESTEROL, AND SATURATED FAT. THIS BOOK LETS ANYONE WITH HEART DISEASE, HYPERTENSION, OR HIGH CHOLESTEROL ENJOY FLAVORFUL, HEALTHY VERSIONS OF SLOW COOKER FAVORITES. 500 HEART-HEALTHY SLOW COOKER RECIPES IS FILLED WITH QUICK AND EASY RECIPES FOR HEARTY STEWS, SAVORY CASSEROLES, NUTRITIOUS SOUPS, AND DELICIOUS DESSERTS. IT'S HEALTHY EATING THAT YOU CAN LOVE AND THAT WILL LOVE YOUR HEART! RECIPES INCLUDE: —BEEF STEW WITH DUMPLINGS —SHRIMP CREOLE —THAI CHICKEN —CHICKEN CACCIATORE —ITALIAN VEGETABLE SOUP —STRAWBERRY BREAD PUDDING —AND MANY MORE 500 HEART-HEALTHY SLOW COOKER RECIPES LETS YOU EAT HEART HEALTHY WITH VARIETY AND EASE.

THE ASIAN SLOW COOKER - KELLY KWOK 2016-11-08

NAMED ONE OF THE BEST COOKBOOKS OF 2016 BY THE WASHINGTON POST. FASTER, EASIER, TASTIER AND HEALTHIER THAN TAKEOUT KELLY KWOK, FOUNDER OF LIFE MADE SWEETER, PROVIDES GREAT NEW FLAVORS TO TRY IN YOUR SLOW COOKER. THESE SIMPLE AND DELICIOUS RECIPES WILL HAVE YOUR FAVORITE ASIAN DISHES WAITING FOR YOU RIGHT WHEN YOU GET HOME. WITH THE PRESS OF A BUTTON, YOU CAN MAKE AUTHENTIC DISHES THAT ARE HEALTHIER AND TASTIER THAN THEIR RESTAURANT COUNTERPARTS. YOU'LL EXPERIENCE A WIDE VARIETY OF FLAVORS; CHOOSE SPICY, VEGETARIAN, NOODLES OR RICE. THERE ARE EVEN RECIPES THAT HAVE 5 INGREDIENTS OR LESS. EXTRA LONG DAY? KELLY'S FUSS-FREE ONE-POT AND SKILLET RECIPES WILL HAVE DINNER ON THE TABLE IN 30 MINUTES OR LESS—AND WITH ONLY ONE PAN TO WASH, CLEANUP WILL BE A BREEZE. WHETHER YOU'RE IN THE MOOD FOR GENERAL TSO'S CHICKEN, PAD THAI NOODLES WITH CHICKEN, BEEF CHOW FUN, PANANG CURRY, MAPO TOFU OR TOM YUM HOT AND SOUR SOUP, YOU CAN HAVE FAST, DELICIOUS MEALS EVERY DAY OF THE WEEK THE EASY WAY.

EASY LOW CARB SLOW COOKER RECIPES: BEST HEALTHY LOW CARB CROCK POT RECIPE COOKBOOK FOR YOUR PERFECT EVERYDAY DIET! (LOW CARB CHICKEN SOUP, RIBS, PORK - HELENA WALKER 2019-02-21

THE EASY 5-INGREDIENT SLOW COOKER COOKBOOK - KAREN BELLESSA PETERSEN 2017-09-26

SLOW-COOKED IN THE MORNING--FAST (AND FABULOUS) HOME-COOKED IN THE EVENING. DECIDING WHAT'S FOR DINNER DOESN'T HAVE TO BE A PANIC-FILLED, LAST-MINUTE DECISION. THE EASY 5-INGREDIENT SLOW COOKER COOKBOOK IS DESIGNED TO MAKE THINGS DELICIOUSLY FAST AND EASY FOR BUSY HOME COOKS--WITH NO-FUSS MEALS THAT ANYONE CAN MAKE. FROM APPLE-CINNAMON OATMEAL AND MEXICAN CORN CHOWDER TO BEER BRISKET AND BANANA BREAD, THIS SLOW COOKER COOKBOOK IS FILLED WITH SAVORY, LIMITED-INGREDIENT RECIPES. TAKE JUST A FEW MINUTES TO PREP AND SET IN THE MORNING AND UNVEIL A COMPLETE, MOUTHWATERING MEAL IN TIME FOR DINNER. THE EASY 5-INGREDIENT SLOW COOKER COOKBOOK INCLUDES: 100 EFFORTLESS RECIPES-- BREAKFASTS, STEWS, DESSERTS, AND MORE...CHOOSE FROM LOADS OF 5-INGREDIENT, SLOW COOKER RECIPES THAT TAKE 15-MINUTES OR LESS TO PREP. GREAT TASTES THAT ARE GOOD FOR YOU--WHOLE FOOD RECIPES--COMPLETE WITH DETAILED NUTRITION INFO--HELP YOU KEEP HOME COOKING HEALTHY. ONE-POT MEALS--YOU WON'T NEED SIDES THANKS TO THIS SLOW COOKER COOKBOOK--RECIPES ARE COMPLETE, DELICIOUS, AND SATISFYING MEALS ALL ON THEIR OWN. DISCOVER HOW SIMPLE HOME-COOKED DINNERS CAN BE WITH THE EASY 5-INGREDIENT SLOW COOKER COOKBOOK.

THE "I LOVE MY INSTANT POT@" COOKING FOR ONE RECIPE BOOK - LISA CHILDS 2021-07-20

OFFICIALLY AUTHORIZED BY INSTANT POT! NEVER WASTE EXTRA FOOD AGAIN WITH THESE PERFECT-PORTIONED RECIPES FOR SOLO

COOKS ALL WHILE USING YOUR FAVORITE KITCHEN APPLIANCE—THE INSTANT POT. WE ALL KNOW AND LOVE THE INSTANT POT! WITH ITS QUICK COOKING TIMES AND MULTIPLE FUNCTIONS, IT IS A FAST AND EASY WAY TO GET A DELICIOUS MEAL ON THE TABLE. AND NOW YOU CAN ENJOY ALL THE BENEFITS OF USING THE INSTANT POT WITHOUT DEALING WITH LEFTOVERS! WHETHER YOU LIVE ALONE OR NEED A QUICK MEAL JUST FOR YOURSELF, THIS COOKBOOK TEACHES YOU HOW TO CREATE PERFECTLY PORTIONED RECIPES RIGHT IN YOUR INSTANT POT. WITH 175 RECIPES, PHOTOGRAPHS, AND AN EASY-TO-UNDERSTAND OVERVIEW OF HOW THE INSTANT POT WORKS, THIS COOKBOOK IS A MUST-HAVE FOR BEGINNER AND EXPERIENCED INSTANT POT USERS ALIKE. WITH SATISFYING, SINGLE-SERVING DISHES FOR EVERY MEAL FROM BREAKFAST TO DINNER AND SNACKS IN BETWEEN, THE “I LOVE MY INSTANT POT” COOKING FOR ONE RECIPE BOOK IS THE PERFECT WAY TO ELIMINATE WASTING FOOD WHILE KEEPING YOURSELF FULL AND SATISFIED ALL DAY LONG.

[THE FAT FLUSH PLAN](#) - ANN LOUISE GITTLEMAN 2001-12-27

KISS CELLULITE GOODBYE! THE FAT FLUSH® PLAN MELTS FAT FROM HIPS, WAIST, AND THIGHS IN JUST TWO WEEKS AND RE-SHAPES YOUR BODY WHILE DETOXIFYING YOUR SYSTEM. THE FAT FLUSH PLAN IS A GROUNDBREAKING LOW CARB/DETOX DIET AND FITNESS PROGRAM. FAT FLUSH IS KNOWN AS THE ONLY DIET PROGRAM THAT GETS RID OF BLOAT, SUPPORTS THE LIVER, CLEANS UP THE LYMPH, AND HELPS TO ELIMINATE THE APPEARANCE OF CELLULITE – FOR GOOD. AN INTERNATIONAL BEST-SELLER WITH LEGIONS OF DEVOTED FOLLOWERS, THE FAT FLUSH PLAN HAS BEEN FEATURED ON “THE VIEW,” AS WELL AS IN COVER ARTICLES IN TIME, GLAMOUR, SELF, AND MANY OTHERS. IT IS BASED UPON ESSENTIAL FATS (SUCH AS FLAX SEED OIL AND FLAX SEEDS), BALANCED PROTEINS (INCLUDING EGGS, MEAT, FISH, AND MODERATE SOY) PLUS LOW-GLYCEMIC HEALTHY CARBS FROM FAT FLUSHING FRUITS AND VEGETABLES. THE PLAN ALSO FEATURES “CLEANSING” TONICS SUCH AS UNSWEETENED CRANBERRY JUICE AND WATER, THE “LONG LIFE COCKTAIL,” AND DAILY HOT WATER AND LEMON JUICE AS WELL AS A DELICIOUS ARRAY OF FAT BURNING, WATER REGULATING, AND INSULIN CONTROLLING HERBS AND SPICES (THINK CAYENNE, MUSTARD, CILANTRO, PARSLEY, CINNAMON, AND CLOVES).

[SLIMMING EATS](#) - SIOBHAN WIGHTMAN 2021-12-30

EVERYDAY RECIPES YOU WILL MAKE TIME AND AGAIN - FLAVOURFUL, SIMPLE, SLIMMING AND SO SATISFYING. FROM WILDLY POPULAR BLOG SLIMMING EATS COMES A STUNNING COLLECTION OF 100 BRAND NEW RECIPES PLUS 15 BLOG FAVOURITES. THIS IS AN EVERYDAY COOKBOOK FOR EVERYONE. SIOBHAN’S HOMELY RECIPES ARE DELICIOUS AND REALLY WORK, PLUS OVER 100 ARE UNDER 500 CALORIES. YOU WILL FIND LIFE-LONG FAMILY FAVOURITES, WITH RECIPES FOR BREAKFAST, LUNCH AND DINNER, MEALS TO FEED A CROWD, KID-FRIENDLY DISHES, QUICK FIXES, LOW CALORIE SIDES AND RECIPES TO SATISFY ANY CRAVINGS. THIS IS SLIMMING FOOD AND DELICIOUS FOOD - THERE’S ABSOLUTELY NO SCIMPING ON FLAVOUR HERE! EVERY RECIPE IS MADE TO HELP YOU ACHIEVE YOUR GOALS, FEATURING: * A NUTRITIONAL BREAKDOWN WITH A CALORIE COUNT * HELPFUL POINTERS FOR VEGETARIAN, GLUTEN-FREE AND DAIRY-FREE DIETS * SUGGESTIONS FOR SWAPPING IN LOW-CALORIE SIDES SIOBHAN SHARES INFORMATION ON KEY INGREDIENTS AND USEFUL ITEMS TO KEEP IN YOUR KITCHEN, PLUS A LOT OF MOTIVATION TO KEEP YOU ON TRACK. SLIMMING EATS WILL BE YOUR ULTIMATE KITCHEN COMPANION FOR EATING WELL EVERY DAY.

[THE ULTIMATE NINJA FOODI PRESSURE COOKER COOKBOOK](#) - JUSTIN WARNER 2019-11-12

IT’S A MULTICOOKER--IT’S AN AIR FRYER--IT EVEN HAS A BUILT-IN CRISPING ELEMENT! WELCOME TO YOUR NEWEST ALL-IN-ONE COOKING APPLIANCE OBSESSION, THE NINJA FOODI. THIS OFFICIALLY LICENSED BOOK IS THE ULTIMATE GUIDE TO COOKING WITH THE FOODI--WITH 125 RECIPES FROM FOOD NETWORK CELEBRITY CHEF JUSTIN WARNER WHO HELPED TEST AND DESIGN THE APPLIANCE ALONG WITH FULL COLOR PHOTOS. FINALLY, A ONE-STEP COUNTERTOP COOKING APPLIANCE THAT TRULY DOES IT ALL. THE 125 RECIPES IN THE FOODI COOKBOOK OFFER AIR-FRYING, PRESSURE-COOKING, AND SLOW-COOK RECIPES FROM BREAKFAST THROUGH DINNER. APPROACHABLE AND FRIENDLY, YOU’LL FIND GUIDANCE FOR MAKING AIR-FRIED FRENCH TOAST STICKS AS WELL AS PERFECT JAPANESE-STYLE OMELETS; GOLDEN-BROWN AND CRISP-TOPPED MACARONI AND CHEESE; MISO-GLAZED COD; SINGAPORE-STYLE MEI FUN; CRISPY-FRIED CHICKEN WINGS; TAQUITOS; AND EVEN CRISPY MEATBALLS! ECLECTIC, WORLDLY, AND EASY ENOUGH FOR EVERY DAY, THE ULTIMATE NINJA FOODI COOKBOOK OFFERS SOMETHING FOR EVERYONE.

[FIX-IT AND FORGET-IT PLANT-BASED COMFORT FOOD COOKBOOK](#) - HOPE COMERFORD 2021-01-05

EASY VEGAN RECIPES FOR YOUR SLOW COOKER OR INSTANT POT—FROM THE NEW YORK TIMES BESTSELLING SERIES! IF YOU’RE READY TO INCLUDE MORE MEATLESS, DAIRY-FREE, EGG-FREE, PLANT-BASED DISHES IN YOUR COOKING, THIS COOKBOOK IS FOR YOU. AND IF YOU WANT TO COOK CONFIDENTLY FOR YOUR VEGAN FRIENDS OR FAMILY, FIX-IT AND FORGET-IT PLANT-BASED COMFORT FOOD COOKBOOK IS FULL OF TASTY IDEAS. HERE ARE SLOW COOKER AND INSTANT POT BREAKFASTS, DINNERS, SIDE DISHES, AND DESSERTS THAT YOU CAN MAKE WITH CONFIDENCE! ALL OF THE RECIPES ARE EASY TO PREPARE AND MADE WITH EASY-TO-FIND INGREDIENTS. HERE ARE TRIED AND TRUE COMFORT FOOD FAVORITES. AND YOU’LL DISCOVER LOTS OF FRESH IDEAS, TOO! EXPERIENCE HOW ENTICING AND SATISFYING PLANT-BASED COOKING CAN BE! FIND RECIPES SUCH AS: LENTIL SOUP WITH LEMON TUSCAN BEAN SOUP QUINOA AND BLACK BEANS THYME ROASTED SWEET POTATOES BAKED ZITI FILLED ACORN SQUASH SOY-FLAX GRANOLA BAKED APPLES NECTARINE ALMOND CRISP BLUEBERRY CRINKLE AND MORE! WHETHER YOU’RE NEW TO PLANT-BASED COOKING OR A LONG-TERM ADVOCATE, YOU’LL FIND PLENTY IN THESE PAGES TO INSPIRE YOU. NEVER HAVE COMFORT FOODS BEEN SO HEALTHY OR SO EASY!

[HEALTHY SLOW COOKER COOKBOOK FOR TWO](#) - PAMELA ELLGEN 2016-03-08

SHORT ON TIME? TRYING TO EAT HEALTHIER? LOOKING FOR RECIPES THAT ARE TRULY HANDS-OFF? LOOK NO FURTHER THAN THE HEALTHY SLOW COOKER COOKBOOK FOR TWO. YOU’LL FIND QUICK AND SIMPLE STEPS FOR THROWING TOGETHER NUTRITIOUS, DELICIOUS, NO-FUSS SLOW COOKER MEALS THAT MAKE JUST THE RIGHT AMOUNT FOR A COUPLE. SLOW COOKING FOR TWO—CREATE 100 SATISFYING MEALS WITH A HEALTHY COOKBOOK THAT COMBINES THE EASE OF SLOW COOKING WITH SMALLER PORTION SIZES—CUTTING DOWN ON LEFTOVERS AND FOOD WASTE. FIX AND FORGET—THESE RECIPES REQUIRE AT LEAST 6 HOURS OF COOK TIME SO YOU CAN LEAVE THEM TO COOK UNTIL YOU’RE READY TO EAT. ORGANIZED AND CUSTOMIZABLE—COLOR-CODED LABELS HELP YOU FIND RECIPES THAT FIT YOUR DIET, ALONGSIDE TIPS FOR MAKING THE RECIPES LOW-SODIUM, LOW-CARB, AND MORE! THIS HEALTHY

COOKBOOK MAKES IT EASY TO CREATE READY-TO-EAT MEALS TO KEEP BOTH OF YOU SATISFIED.

[THE WHOLE30 SLOW COOKER](#) - MELISSA HARTWIG 2018

150 TOTALLY COMPLIANT WHOLE30 PREP-AND-GO RECIPES FOR YOUR SLOW COOKER

[AMERICAN HEART ASSOCIATION HEALTHY SLOW COOKER COOKBOOK, SECOND EDITION](#) - AMERICAN HEART ASSOCIATION 2018-10-23

A REVISED AND UPDATED SECOND EDITION OF AMERICAN HEART ASSOCIATION’S BELOVED, BESTSELLING HEALTHY SLOW COOKER COOKBOOK, NOW WITH 30 NEW RECIPES, 30 TO 40 NEW PHOTOGRAPHS, AND FULL-COLOR THROUGHOUT. NOW FULLY ILLUSTRATED THROUGHOUT WITH 30 TO 40 NEW PHOTOGRAPHS, REVISED TO MEET CURRENT AHA GUIDELINES, AND REFRESHED WITH RECIPES LIKE CHICKEN PHO, PAD THAI, SWEET POTATO CHILI, AND BEEF VINDALOO TO SATISFY TODAY’S PALATE, THIS COMPREHENSIVE COOKBOOK OFFERS INFORMATION ON THE HEALTH BENEFITS OF SLOW COOKING AND HOW A SLOW COOKER CAN HELP YOU EAT WELL. FROM APPETIZERS TO DESSERTS AND EVERYTHING IN BETWEEN, THE 230 RECIPES IN AMERICAN HEART ASSOCIATION HEALTHY SLOW COOKER COOKBOOK WILL SURPRISE YOU WITH THEIR VARIETY AND DEPTH OF FLAVOR. THE SLOW COOKER, AMERICA’S FAVORITE KITCHEN APPLIANCE, HAS BECOME INCREASINGLY VERSATILE AND SOPHISTICATED, AND HERE’S HOW IT CAN SUPPORT A HEART-SMART DIET. UNDER THE SPELL OF ITS LOW HEAT, LEAN MEATS, WHOLE GRAINS, LEGUMES, VEGETABLES, AND FRUITS TRANSFORM INTO SUCCULENT MEALS. THIS COOKBOOK TAKES ADVANTAGE OF THE EASE FOR WHICH THE SLOW COOKER IS BELOVED AND OPTIMIZES THE NUTRIENT DENSITY AND FLAVORS IN THESE DELICIOUS, NUTRITIOUS MEALS. THE BEST WAY TO ENSURE GOOD FOOD COMES OUT OF YOUR COOKER IS TO PUT ONLY GOOD-FOR-YOU INGREDIENTS INTO IT, AND WITH AMERICAN HEART ASSOCIATION HEALTHY SLOW COOKER COOKBOOK, YOU’LL LEARN HOW MUCH YOUR SLOW COOKER CAN DO FOR YOU WHILE YOU’RE ENJOYING A HEALTHY LIFESTYLE.

[DANIELLE WALKER’S EAT WHAT YOU LOVE](#) - DANIELLE WALKER 2018-12-04

FROM THE NEW YORK TIMES BESTSELLING AUTHOR OF THE AGAINST ALL GRAIN SERIES COMES 125 RECIPES FOR GLUTEN-FREE, DAIRY-FREE, AND PALEO COMFORT FOOD, FROM NOURISHING BREAKFASTS AND PACKABLE LUNCHES TO QUICK AND EASY, ONE-POT, AND MAKE-AHEAD MEALS TO GET SATISFYING DINNERS ON THE TABLE FAST. BELOVED FOOD BLOGGER AND NEW YORK TIMES BESTSELLING AUTHOR DANIELLE WALKER IS BACK WITH 125 RECIPES FOR COMFORTING WEEKNIGHT MEALS. THIS IS THE FOOD YOU WANT TO EAT EVERY DAY, MADE HEALTHFUL AND DELICIOUS WITH DANIELLE’S PROVEN TECHNIQUES FOR REMOVING ALLERGENS WITHOUT SACRIFICING FLAVOR. AS A MOTHER OF THREE, DANIELLE KNOWS HOW TO GET DINNER (AND BREAKFAST AND LUNCH) ON THE TABLE QUICKLY AND EASILY. FEATURING HEARTY DISHES TO START THE DAY, ON-THE-GO ITEMS FOR LUNCH, SATISFYING SALADS AND SIDES, AND HEALTHY RE-CREATIONS OF COMFORT FOOD CLASSICS LIKE FRIED CHICKEN, SLOPPY JOES, SHRIMP AND GRITS, CHICKEN POT PIE, AND LASAGNA, PLUS FAMILY-FRIENDLY SWEETS AND TREATS, THIS COLLECTION OF ESSENTIAL, ALLERGEN-FREE RECIPES WILL BECOME THE MOST-USED COOKBOOK ON YOUR SHELF. WITH MEAL PLANS AND GROCERY LISTS, DOZENS OF SHEET-PAN SUPPERS AND ONE-POT DISHES, AND AN ENTIRE CHAPTER DEVOTED TO MAKE-AHEAD AND FREEZER-FRIENDLY MEALS, FOLLOWING A GRAIN-FREE AND PALEO DIET JUST GOT A LITTLE EASIER. FEATURES INCLUDE: * FOUR WEEKS OF MEAL PLANS FOR BREAKFAST, LUNCH, AND DINNER * INSTANT POT®, SLOW COOKER, ONE-POT, SHEET-PAN, AND 30-MINUTE RECIPES * PACKED LUNCH CHART WITH CREATIVE IDEAS FOR SCHOOL, WORK, AND LUNCHES ON THE GO * MAKE-AHEAD MEALS, INCLUDING FREEZER AND LEFTOVER OPTIONS * DIETARY CLASSIFICATIONS FOR EGG-, TREE NUT-, AND NIGHTSHADE-FREE DISHES, PLUS DESIGNATIONS FOR SPECIFIC CARBOHYDRATE DIET (SCD) AND GUT AND PSYCHOLOGY SYNDROME (GAPS)

[THE EVERYTHING HEALTHY SLOW COOKER COOKBOOK](#) - RACHEL RAPPAPORT 2010-08-18

EACH SIMPLE GUIDE OFFERS A CLEAR OVERVIEW OF ALL THE INFORMATION ONE NEEDS TO KNOW ABOUT A PARTICULAR TOPIC, MAKING LEARNING SOMETHING NEW EASY, ACCESSIBLE, PRACTICAL AND AFFORDABLE.

[SKINNYTASTE MEAL PREP](#) - GINA HOMOLKA 2020-09-15

NEW YORK TIMES BESTSELLER • SAVE TIME, MONEY, AND CALORIES WITH #1 NEW YORK TIMES BESTSELLING AUTHOR GINA HOMOLKA’S SIMPLE, SMART SOLUTIONS FOR HEALTHY FREEZER MEALS, READY-TO-SERVE DISHES, GRAB-AND-GO BREAKFASTS AND LUNCHES, INGENIOUS “PLANNED-OVERS,” AND MORE. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY BON APPÉTIT WHETHER YOU’RE LOOKING TO LOSE WEIGHT OR JUST EAT A LITTLE HEALTHIER, MEAL PREPPING AND COOKING IN ADVANCE HELPS YOU STAY ON TRACK WITH YOUR DIET, SAVES TIME ON BUSY WEEKNIGHTS, AND IS GREAT FOR YOUR BUDGET. SKINNYTASTE MEAL PREP DELIVERS MORE THAN 120 HEALTHY, DIVERSE RECIPES THAT TURN SIMPLE, EASY-TO-FIND INGREDIENTS INTO FLAVOR-PACKED MEALS AND SNACKS YOU’LL HAVE READY AT YOUR FINGERTIPS FOR THE WEEK AHEAD AND BEYOND. GINA UTILIZES A NUMBER OF BRILLIANT TIME-SAVING STRATEGIES, INCLUDING RECIPES TO PREP AHEAD SO THEY CAN GO STRAIGHT FROM THE FREEZER (YOUR KITCHEN’S SECRET WEAPON!) TO THE INSTANT POT®, SLOW COOKER, OR OVEN TO FINISH COOKING, ALONG WITH DISHES THAT ARE COMPLETELY MADE AHEAD AND EASILY REHEATED. WITH THESE FLEXIBLE TECHNIQUES, YOU’LL HAVE MEALS ON-HAND MONTHS IN ADVANCE, READY WHENEVER THE NEED ARISES, WITH NO FURTHER SHOPPING OR COOKING REQUIRED. IMAGINE STRESS-FREE MORNINGS WHEN YOU CAN ENJOY LEMON BLUEBERRY SHEET PAN PANCAKES FOR BREAKFAST AND JUST GRAB A DIY CHICKEN TACO KIT FOR LUNCH ON YOUR WAY OUT THE DOOR—NO MORE UNHEALTHFUL DRIVE-THRU BREAKFAST SANDWICHES OR EXPENSIVE TAKEOUT. HEALTHY BITES LIKE PUMPKIN HUMMUS AND “EVERYTHING” NUTS WILL FUEL YOU THROUGH THE AFTERNOON. FOR NO-PREP, EFFORTLESS DINNERS, ROASTED VEGETABLE LASAGNA, MOUSSAKA MAKEOVER, AND GREEK CHICKEN PILAF BOWLS WILL MAKE THE ENTIRE FAMILY HAPPY AND SATISFIED. WITH SKINNYTASTE MEAL PREP, COOKING SMARTER AND EATING HEALTHIER JUST GOT A WHOLE LOT SIMPLER.

[CROCK POT RECIPES - THE ULTIMATE 500 CROCKPOT RECIPES COOKBOOK](#) - JAMIE STEWART 2016-09-09

DO YOU WANT TO COOK DELICIOUS AND HEALTHY FOR YOUR FAMILY? THE CROCK POT IS GETTING BACK TO A SIMPLE AND HEALTHY WAY OF LIFE. DURING THE YEARS, MANUFACTURERS HAVE IMPROVED TECHNOLOGICAL FEATURES TO MAKE CROCK POTS EASIER TO USE. SO, THE CROCK POT IS DESIGNED TO MAKE GORGEOUS MEALS WITH VERY LITTLE HASSLE. THAT’S FOR SURE, YOU WILL FEED EVEN PICKY EATERS AND THEY WILL POLISH OFF THEIR MEALS! YOU CAN TAKE YOUR CROCK POT WITH YOU ON THE CAMPING AND YOU CAN ENJOY

TEMPTING FRESH MEALS ALL DAY EVERY DAY.

Fit Men Cook - KEVIN CURRY 2018-12-04

THE FITNESS INFLUENCER AND CREATOR OF THE #1 BESTSELLING FOOD & DRINK APP, FITMENCOOK, SHARES 100 EASY, QUICK MEAL PREP RECIPES THAT WILL SAVE YOU TIME, MONEY, AND INCHES ON YOUR WAISTLINE—HELPING YOU TO GET HEALTHY ON YOUR OWN TERMS. WE LIKE TO BE INSPIRED WHEN IT COMES TO FOOD. NO ONE ENJOYS COOKIE-CUTTER MEAL PLANS, BLAND RECIPES, OR EATING THE SAME THING EVERY DAY. INSTEAD OF WORRYING ABOUT WHAT TO EAT AND HOW IT’S GOING TO AFFECT OUR BODIES, WE SHOULD EMBRACE FOOD FREEDOM—FREEDOM TO CREATE FLAVORFUL MEALS, BUT IN A MORE CALORIE-CONSCIOUS WAY; FREEDOM TO INDULGE OCCASIONALLY WHILE BEING MINDFUL OF PORTIONS; AND FREEDOM TO ACHIEVE WELLNESS GOALS WITHOUT BREAKING THE BANK. IN FIT MEN COOK, KEVIN CURRY, FITNESS EXPERT AND SOCIAL MEDIA SENSATION WITH MILLIONS OF FOLLOWERS AND HUNDREDS OF THOUSANDS OF DOWNLOADS ON HIS APP, SHARES EVERYTHING YOU NEED TO LIVE A HEALTHY LIFE EACH DAY—FROM GROCERY LISTS TO COMMON DIETING PITFALLS TO HIS TEN COMMANDMENTS OF MEAL PREP—AS WELL AS HIS PERSONAL STORY OF OVERCOMING DEPRESSION AND WEIGHT GAIN TO START A SUCCESSFUL BUSINESS AND FITNESS MOVEMENT. THIS GUIDE ALSO INCLUDES 100+ EASY AND FLAVORFUL RECIPES LIKE SOUTHERN-INSPIRED BANANA CORN WAFFLES, SWEET POTATO WHIP, JUICY AF MOROCCAN CHICKEN, AND MANY MORE TO HELP YOU PLAN YOUR WEEK AND EAT SOMETHING NEW AND NUTRITIOUS EACH DAY. WITH FIT MEN COOK, YOU CAN CREATE EXCITING, SATISFYING MEALS AND BE ON YOUR WAY TO LOSING WEIGHT FOR GOOD. AFTER ALL, BODIES MAY BE SCULPTED AT THE GYM, BUT THEY ARE BUILT IN THE KITCHEN.

HEALTHY CROCK POT RECIPES COOKBOOK 2021 - ANGELA LEWIS 2021-04-11

ENJOY 500 CROCKPOT RECIPES FOR EFFORTLESS PRESSURE COOKING! DO YOU WANT QUICK & EASY SOLUTIONS IN THE KITCHEN MASTERING YOUR CROCK POT? ARE YOU WILLING TO HAVE MORE FREE TIME WHILE COOKING DELICIOUS MEALS? WELL, IF THE ANSWER IS YES, THEN THAT’S WHY I’M HERE FOR. TO HELP YOU WITH ACHIEVING THIS, I FOCUSED ON CREATING THE ONE AND ONLY CROCK POT SLOW COOKER COOKBOOK, FOR EXCELLENT RESULTS, WITH EASY AND EFFORTLESS TO COOK RECIPES FOR ANYONE. THIS SIMPLE, YET POWERFUL CROCK POT PRESSURE COOKER COOKBOOK HAS PLENTY OF CONTENT IN THE FOLLOWING CATEGORIES: FOOLPROOF BREAKFAST RECIPES, LAUNCH AND DINNER NO-FUSS VEGETARIAN AND VEGAN CHICKEN AND POULTRY FOR AMAZING FAMILY MEALS BEANS AND GRAINS RECIPES SOUPS AND STEWS GREAT VEGAN AND VEGETARIAN RECIPES GREAT VARIETY OF SNACKS AND APPETIZERS RECIPES FASCINATING FISH AND SEAFOOD RECIPES DESSERT AND SNACKS THIS COMPLETE CROCKPOT COOKBOOKS WILL TAKE CARE OF YOUR SCARCE COOKING TIME AND WILL SHOW YOU THE EASIEST & TASTIEST WAY TOWARDS A NEW LIFESTYLE BASED ON YOUR CROCK POT ELECTRIC PRESSURE COOKER. PIN ON: 2021 EASY FOR BEGINNERS HEALTHY BEST LOVED SLOW COOKER RECIPES FOR TWO CROCK POT SLOW COOKER 8 QUART CROCK POTS/SLOW COOKERS COOKING DOG FOOD RECIPES FOR ONE PERSON FOR TWO FREEZER MEALS GREEN BAY BIG BOOK OF DINNERS LADIES WITH PICTURES VEGETARIAN EASY BOOKS PALEO EASY BEEF STEW CROCK POT BEEF STEW BOOK **100 DAYS OF REAL FOOD** - LISA LEAKE 2014-08-26

#1 NEW YORK TIMES BESTSELLER THE CREATOR OF THE 100 DAYS OF REAL FOOD BLOG DRAWS FROM HER HUGELY POPULAR WEBSITE TO OFFER SIMPLE, AFFORDABLE, FAMILY-FRIENDLY RECIPES AND PRACTICAL ADVICE FOR ELIMINATING PROCESSED FOODS FROM YOUR FAMILY’S DIET. INSPIRED BY MICHAEL POLLAN’S IN DEFENSE OF FOOD, LISA LEAKE DECIDED HER FAMILY’S EATING HABITS NEEDED AN OVERHAUL. SHE, HER HUSBAND, AND THEIR TWO SMALL GIRLS PLEDGED TO GO 100 DAYS WITHOUT EATING HIGHLY PROCESSED OR REFINED FOODS—A CHALLENGE SHE OPENED TO READERS ON HER BLOG. NOW, SHE SHARES THEIR STORY, OFFERING INSIGHTS AND COST-CONSCIOUS RECIPES EVERYONE CAN USE TO ENJOY WHOLESOME NATURAL FOOD—WHOLE GRAINS, FRUITS AND VEGETABLES, SEAFOOD, LOCALLY RAISED MEATS, NATURAL JUICES, DRIED FRUIT, SEEDS, POPCORN, NATURAL HONEY, AND MORE. ILLUSTRATED WITH 125 PHOTOGRAPHS AND FILLED WITH STEP-BY-STEP INSTRUCTIONS, THIS HANDS-ON COOKBOOK AND GUIDE INCLUDES: ADVICE FOR NAVIGATING THE GROCERY STORE AND MAKING SMART PURCHASES TIPS FOR READING INGREDIENT LABELS 100 QUICK AND EASY RECIPES FOR SUCH FAVORITES AS HOMEMADE CHICKEN NUGGETS, WHOLE WHEAT PASTA WITH KALE PESTO CREAM SAUCE, AND CINNAMON GLAZED POPCORN MEAL PLANS AND SUGGESTIONS FOR KID-PLEASING SCHOOL LUNCHEs, PARTIES, AND SNACKS “REAL FOOD” ANECDOTES FROM THE LEAKES’ OWN EXPERIENCES A 10-DAY MINI STARTER-PROGRAM, AND MUCH MORE.

THE WORKING CLASS FOODIES COOKBOOK - REBECCA LANDO 2013-06-04

FEATURES INEXPENSIVE ORGANIC RECIPES THAT DEMONSTRATE HOW EATING SEASONAL, LOCAL FOODS CAN BE ACHIEVED ON A WORKING CLASS BUDGET, AND OFFERS ADVICE ON STOCKING A PANTRY AND MAKING BASIC SAUCES AND CONDIMENTS FROM SCRATCH.

CROCK POT - EMMA KATIE 2016-11-20

CROCKPOT TODAY SPECIAL PRICE - 1001 BEST CROCK POT RECIPES OF ALL TIME (LIMITED TIME OFFER) OVER 1,000 OF HEALTHY AND DELICIOUS CROCKPOT RECIPES WITH EASY-TO-FOLLOW DIRECTIONS! THE MODERN FAST PACED WORLD WE LIVE IN MAKES COOKING A DIFFICULT TASK. DAYS GO BY INCREDIBLY FAST WITH WORK, TIME SPENT IN TRAFFIC, KIDS AND FAMILY AND SOMETIMES MIXING UP A PROPER LUNCH OR DINNER IS THE LAST OF OUR CONCERNS. BUT DON’T YOU WISH IT WAS DIFFERENT? DON’T YOU WISH YOU COULD EAT A NUTRITIOUS MEAL EVERY DAY WITHOUT THE HASSLE OF MIXING AND SUPERVISING IT ABOVE THE STOVE? LET ME TELL YOU THAT IT IS POSSIBLE AND IT HAS ONE ANSWER - SLOW COOKING! A CROCK POT RESOLVES ALL YOUR COOKING PROBLEMS REGARDING TIME AND MONEY AND IT IS CAPABLE OF ALLOWING YOU TO COOK A WIDE RANGE OF RECIPES TO SATISFY THE TASTES OF EVEN THE PICKIEST EATERS. COLLECTING 1001 RECIPES BETWEEN ITS PAGES, THIS BOOK IS AN INVALUABLE COLLECTION FOR BOTH BEGINNERS AND EXPERTS IN SLOW COOKING. NO MORE BLANCHING, BOILING, SIMMERING OR ROASTING ON THE STOVE. INSTEAD, JUST CHOP INGREDIENTS UP AND MIX THEM IN YOUR CROCK POT THEN TURN IT ON AND ALLOW IT TO DO ITS MAGIC! IT’S THAT SIMPLE AND EASY! EACH RECIPE IS STRAIGHTFORWARD AND IT REQUIRES EASY TO FIND INGREDIENTS, AS WELL AS SOME VERY BASIC COOKING SKILLS. HERE’S WHAT YOU WILL FIND IN THIS BOOK: * AMAZING APPETIZERS * RICH AND NUTRITIOUS MAIN DISHES (VEGETARIAN, CHICKEN, PORK AND BEEF) * LUSCIOUS DESSERTS * DELICIOUS BEVERAGES WAIT NO MORE! GRAB YOUR COPY TODAY AND CHANGE YOUR LIFE STYLE AND DIET FOR

GOOD! NO MORE JUNK FOOD, NO MORE EXTRA MONEY SPENT ON RESTAURANTS, NO MORE FOOD THAT HAS NO NUTRIENTS! INSTEAD

THE FEEL GOOD EFFECT - ROBYN CONLEY DOWNS 2020-09-01

A GROUNDBREAKING APPROACH TO WELLNESS THAT WILL HELP YOU CUT THROUGH THE CLUTTER AND FIND THE SMALL SHIFTS THAT CREATE HUGE CHANGES IN YOUR LIFE, FROM THE HOST OF THE PODCAST THE FEEL GOOD EFFECT “AN ABSOLUTELY FRESH AND INSIGHTFUL GUIDE . . . IF YOU’RE LOOKING TO CREATE MORE CALM, CLARITY, AND JOY, THIS BOOK IS FOR YOU.”—SHAUNA SHAPIRO, PH.D., AUTHOR OF GOOD MORNING I LOVE YOU WHAT IF WELLNESS ISN’T ABOUT ACHIEVING ANOTHER SET OF IMPOSSIBLE STANDARDS, BUT ABOUT FINDING WHAT WORKS—FOR YOU? RADICALLY SIMPLE AND RIDICULOUSLY DOABLE, THE FEEL GOOD EFFECT HELPS YOU REDEFINE WELLNESS, ON YOUR OWN TERMS. DRAWING FROM CUTTING-EDGE SCIENCE ON MINDFULNESS, HABIT, AND BEHAVIOR CHANGE, PODCAST HOST ROBYN CONLEY DOWNS OFFERS A COLLECTION OF SMALL MINDSET SHIFTS THAT ALLOW FOR MORE CALM, CLARITY, AND JOY IN EVERYDAY LIFE, EMBRACING THE IDEA THAT “GENTLE IS THE NEW PERFECT” WHEN IT COMES TO SUSTAINABLE WELLNESS. SHE THEN LEADS YOU THROUGH AN EASY SET OF CUSTOMIZABLE HABITS FOR HAPPINESS AND HEALTH IN MIND, BODY, AND SOUL, ALLOWING YOU TO COUNTERACT STRESS AND PREVENT BURNOUT. INSTEAD OF TRYING TO GET MORE DONE, THE FEEL GOOD EFFECT OFFERS A REFRESHINGLY SANE APPROACH THAT WILL ALLOW YOU TO IDENTIFY AND FOCUS ON THE ELEMENTS THAT ACTUALLY MOVE THE NEEDLE IN YOUR LIFE RIGHT NOW. LESS STRIVING. MORE EASE. IT’S TIME TO FEEL GOOD.

THE MEDITERRANEAN SLOW COOKER COOKBOOK: A MEDITERRANEAN COOKBOOK WITH 101 EASY SLOW COOKER RECIPES - SALINAS PRESS 2014-03-07

CELEBRATE THE FLAVORS OF GREECE, ITALY, AND SPAIN WITH THE MEDITERRANEAN SLOW COOKER COOKBOOK WITH THE MEDITERRANEAN SLOW COOKER COOKBOOK, YOU’LL ENJOY HEALTHY VEGETABLES, FRUITS, LEGUMES, FISH, AND WHOLE GRAINS FROM THE MOST DELICIOUS REGION ON EARTH. MEDITERRANEAN FOOD DRAWS MUCH OF ITS FLAVOR FROM HEART-HEALTHY FATS SUCH AS OLIVE OIL AND NUTS. BY USING A SLOW COOKER, YOU CAN MAXIMIZE THE TASTE OF YOUR MEDITERRANEAN DISHES AND SAVE TIME IN THE KITCHEN. WITH A BIT OF ADVANCED PREPARATION, YOU CAN COME HOME TO A HEALTHY, SLOW-COOKED MEDITERRANEAN MEAL, EVEN ON A BUSY WEEKNIGHT. THE MEDITERRANEAN SLOW COOKER COOKBOOK WILL ADD DELICIOUS VARIETY TO YOUR PLATE WITH: 101 ROBUST, HEALTHY RECIPES, INCLUDING TURKISH STUFFED EGGPLANT, GARLIC TILAPIA, AND CHOCOLATE HAZELNUT BREAD PUDDING FLAVOR PROFILES OF 5 DIFFERENT REGIONS 14 ESSENTIAL TIPS FOR USING YOUR SLOW COOKER 76 KEY INGREDIENTS TO KEEP IN YOUR KITCHEN A HANDY GUIDE TO COOK TIME CONVERSIONS WITH ITS SIMPLE RECIPES, MEDITERRANEAN SLOW COOKER COOKBOOK CAN BRING SAVORY, ROMANTIC FLAVORS TO YOUR PLATE—AND EXTRA TIME TO YOUR DAY.

THE WHOLESOME YUM EASY KETO COOKBOOK - MAYA KRAMPF 2019-10-22

USA TODAY BESTSELLER • EASY, DELICIOUS KETOGENIC RECIPES ALL WITH TEN INGREDIENTS OR LESS, FROM THE FOUNDER OF THE MEGA-POPULAR KETO WEBSITE WHOLESOME YUM. “LOADED WITH FAMILY-FRIENDLY KETO STAPLES THAT DON’T TAKE HOURS TO PREPARE, THIS BOOK IS A SLAM DUNK FOR KETO BEGINNERS AND EXPERTS ALIKE.”—MARK SISSON, NEW YORK TIMES BESTSELLING AUTHOR OF THE KETO RESET DIET AND THE PRIMAL BLUEPRINT NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY BUZZFEED THERE’S A REASON THAT THE KETOGENIC DIET HAS BECOME SO WILDLY POPULAR: IT TRULY WORKS! AND WEIGHT LOSS IS JUST THE BEGINNING. STUDIES HAVE SHOWN THAT THE KETO DIET STABILIZES MOOD, RAISES ENERGY LEVELS, CONTROLS BLOOD SUGAR, LOWERS BLOOD PRESSURE, IMPROVES CHOLESTEROL, AND MORE. UNFORTUNATELY, MANY PEOPLE ARE INTIMIDATED BY KETO--THEY DON’T HAVE A LOT OF TIME TO COOK, THEY HAVE A WHOLE FAMILY TO FEED, OR THEY WORRY THAT THEY’LL MISS THEIR FAVORITE MEALS. THAT IS WHY MAYA KRAMPF CREATED HER NOW HUGELY POPULAR WEBSITE, WHOLESOME YUM, TO SHARE EASY KETO RECIPES ALL WITH TEN INGREDIENTS OR LESS. AND NOW, IN HER FIRST COOKBOOK, MAYA IS DETERMINED TO SHOW PEOPLE THAT A KETO LIFESTYLE DOES NOT HAVE TO BE COMPLICATED, TIME-CONSUMING, UNSUSTAINABLE, OR BORING. THE WHOLESOME YUM EASY KETO COOKBOOK FEATURES 100 SUPER-SIMPLE, I-CAN’T-BELIEVE-THAT’S-KETO RECIPES INCLUDING FLOURLESS CHOCOLATE CHIP PEANUT BUTTER WAFFLES, SHEET PAN SAUSAGE BREAKFAST SANDWICHES, CRISPY KETO CHICKEN FINGERS, SPAGHETTI SQUASH RAMEN SOUP, KETO GARLIC BREAD STICKS, CINNAMON ROLL PIZZA, AND MUCH MORE. YOU DON’T HAVE TO GIVE UP YOUR FAVORITE FOODS--VIRTUALLY ANYTHING YOU LIKE TO EAT CAN BE MADE KETO, AND DELECTABLY SO. THE BOOK ALSO FEATURES A PRIMER ON THE KETO DIET, ESSENTIAL PANTRY-STOCKING TIPS, AND A SECTION DEDICATED TO CREATING MAYA’S SIGNATURE “FATHEAD” KETO DOUGH THAT IS USED TO PREPARE DELICIOUS KETO BREADS, PASTRIES, TORTILLAS, AND MORE.

WEEKNIGHT SLOW COOKER - GOOSEBERRY PATCH 2019-08-15

WEEKNIGHTS MEAN BUSY SCHEDULES BUT YOUR SLOW COOKER IS HERE TO HELP! MEAL-BY-MEAL COOKS HAVE CONTINUED TO COME UP WITH NEW AND CREATIVE WAYS TO SLOW-COOK AND SLOW-BAKE IN THIS TIMELESS KITCHEN HELPER. WE LOVE THAT YOU CAN PREPARE AN ENTIRE MENU FROM DRINKS, APPETIZERS, SOUPS, SIDES, MAINS AND DESSERTS! WITH DELICIOUS SOUPS, STEWS AND SIDES, YOU CAN FEED YOUR FAMILY A HEARTY SNACK OR QUICK DINNER WITH ZUCCHINI PARMESAN OR SLOW-COOKER HEARTY PORK STEW. LET’S NOT FORGET HOW EASY IT IS TO GET A WHOLESOME MEAL ON THE TABLE WITH WORRY-FREE RECIPES LIKE FRENCH-COUNTRY CHICKEN, SAVORY MERLOT POT ROAST AND CHEDDAR CHEESE STRATA. TOP OFF DINNER WITH AMAZING DESSERTS LIKE APPLE-PEANUT CRUMBLE AND CHOCOLATE PUDDING CAKE. SURPRISE! WE ADDED A SPECIAL CHAPTER WITH SOME OF THOSE NEW AND FUN WAYS TO MAKE RECIPES IN THE SLOW-COOKER LIKE CHOCOLATE PEANUT BUTTER DROPS, CINNAMON ROLLS, APPLE-CINNAMON BREAD IN JARS AND MEATLESS STUFFED PEPPERS! WITH THESE SIMPLE AND DELICIOUS RECIPES TO SHOW YOUR SLOW-COOKER SOME LOVE, YOU’LL BE GUARANTEED IT’LL LOVE YOU BACK.

KETO SLOW COOKER & ONE-POT MEALS - MARTINA SLAJEROVA 2017-11-21

KETO SLOW COOKER & ONE-POT MEALS PACKS 100 HIGH-FAT, LOW-CARB KETO RECIPES! ENJOY QUICK, TASTY DINNERS AS YOU GET HEALTHY, LOSE WEIGHT, AND CONTROL YOUR BLOOD SUGAR. SLOW COOKER AND ONE-POT MEALS ARE THE ULTIMATE CONVENIENCE FOOD. JUST FIX IT AND FORGET IT, THEN ENJOY A NOURISHING MEAL WHEN EVERYONE GETS HOME. UNFORTUNATELY, MOST SLOW COOKER

AND ONE-POT RECIPES DEPEND ON PROCESSED, HIGH-CARBOHYDRATE INGREDIENTS LIKE NOODLES, POTATOES, AND OTHER HIGH-GLYCEMIC INGREDIENTS WHICH AREN'T ALLOWED ON THE KETOGENIC DIET. NOW YOU CAN COMBINE THE CONVENIENCE OF SLOW COOKER AND ONE POT RECIPES WITH YOUR KETOGENIC LIFESTYLE! KETO SLOW COOKER & ONE-POT MEALS ALLOWS YOU TO ENJOY YOUR SLOW COOKER AGAIN WITHOUT SACRIFICING YOUR KETO DIET. THIS UNIQUE COOKBOOK IS FILLED WITH 100 KETO RECIPES FOR EVERYTHING FROM SATISFYING SOUPS TO QUICK SKILLET MEALS AND SAVORY STEWS. JUST A FEW OF THE SIMPLY DELICIOUS RECIPES: RATATOUILLE SOUP PUMPKIN & CHORIZO MEATBALL SOUP PORK LO MEIN ITALIAN SAUSAGE FRITTATA BROCCOLI & MUSHROOM ALFREDO CASSEROLE STUFFED CABBAGE ROLLS WITH SPICY HOLLANDAISE SPICED CHOCOLATE & COCONUT CAKE MACADAMIA CHAI CAKE WITH KETO SLOW COOKER & ONE-POT MEALS, YOU'LL ALWAYS BE ABLE TO GET A HEALTHY KETOGENIC MEAL ON THE TABLE WITHOUT THE FUSS. **THE SKINNYTASTE COOKBOOK** - GINA HOMOLKA 2014-09-30

GET THE RECIPES EVERYONE IS TALKING ABOUT IN THE DEBUT COOKBOOK FROM THE WILDLY POPULAR BLOG, SKINNYTASTE. GINA HOMOLKA IS AMERICA'S MOST TRUSTED HOME COOK WHEN IT COMES TO EASY, FLAVORFUL RECIPES THAT ARE MIRACULOUSLY LOW-CALORIE AND MADE FROM ALL-NATURAL, EASY-TO-FIND INGREDIENTS. HER BLOG, SKINNYTASTE IS THE NUMBER ONE GO-TO SITE FOR SLIMMED DOWN RECIPES THAT YOU'D SWEAR ARE ANYTHING BUT. IT ONLY TAKES ONE LOOK TO SEE WHY PEOPLE GO CRAZY FOR GINA'S FOOD: CHEESY, CREAMY FETTUCCHINI ALFREDO WITH CHICKEN AND BROCCOLI WITH ONLY 420 CALORIES PER SERVING, BREAKFAST DISHES LIKE MAKE-AHEAD WESTERN OMELET "MUFFINS" THAT TRULY FILL YOU UP UNTIL LUNCHTIME, AND SWEETS SUCH AS DOUBLE CHOCOLATE CHIP WALNUT COOKIES THAT ARE LOW IN SUGAR AND BUTTER-FREE BUT STILL TOTALLY INDULGENT. THE SKINNYTASTE COOKBOOK FEATURES 150 AMAZING RECIPES: 125 ALL-NEW DISHES AND 25 MUST-HAVE FAVORITES. AS A BUSY MOTHER OF TWO, GINA STARTED SKINNYTASTE WHEN SHE WANTED TO LOSE A FEW POUNDS HERSELF. SHE TURNED TO WEIGHT WATCHERS FOR HELP AND LIKED THE PROGRAM BUT STRUGGLED TO FIND ENOUGH TEMPTING RECIPES TO HELP HER STAY ON TRACK. INSTEAD, SHE STARTED "SKINNY-FYING" HER FAVORITE MEALS SO THAT SHE COULD EAT HAPPILY WHILE LOSING WEIGHT. WITH 100 STUNNING PHOTOGRAPHS AND DETAILED NUTRITIONAL INFORMATION FOR EVERY RECIPE, THE SKINNYTASTE COOKBOOK IS AN INCREDIBLE RESOURCE OF FULFILLING, JOY-INDUCING MEALS THAT EVERY HOME COOK WILL LOVE.

THE WELL PLATED COOKBOOK - ERIN CLARKE 2020-08-25

COMFORT CLASSICS WITH A LIGHTER SPIN, FROM THE CREATOR OF THE HEALTHY-EATING BLOG WELL PLATED BY ERIN. KNOWN FOR HER INCREDIBLY APPROACHABLE, SLIMMED-DOWN, AND OUTRAGEOUSLY DELICIOUS RECIPES, ERIN CLARKE IS THE CREATOR OF THE SMASH-HIT FOOD BLOG IN THE HEALTHY-EATING BLOGOSPHERE, WELL PLATED BY ERIN. CLARKE'S SITE WELCOMES MILLIONS OF READERS, AND WITH GOOD REASON: HER RECIPES ARE FAST, BUDGET-FRIENDLY, AND CLEVER; SHE NEVER INCLUDES AN INGREDIENT YOU CAN'T FIND IN A REGULAR SUPERMARKET OR THAT ISN'T ESSENTIAL TO A DISH'S SUCCESS, AND SHE HACKS HER RECIPES FOR MAXIMUM NUTRITION BY USING THE "STEALTHY HEALTHY" INGREDIENT SWAPS SHE'S MASTERED SO THAT YOU DON'T LOSE AN OUNCE OF FLAVOR. IN THIS ESSENTIAL COOKBOOK FOR EVERYDAY COOKING, CLARKE SHARES MORE THAN 130 BRAND-NEW RAPID-FIRE RECIPES, ALONG WITH SECRETS TO LIGHTENING UP CLASSIC COMFORT FAVORITES INSPIRED BY HER MIDWESTERN ROOTS, AND CLEVER RECIPE HACKS THAT WILL ENABLE YOU TO PUT A HEALTHY MEAL ON THE TABLE ANY NIGHT OF THE WEEK. MANY OF THE RECIPES FEATURE A SINGLE INGREDIENT USED IN MULTIPLE, INGENIOUS WAYS, SUCH AS SWEET POTATO BOATS 5 WAYS. THE RECIPES ARE AFFORDABLE AND KEEP PRACTICALITY TOP-OF-MIND. SHE'S ELIMINATED ODD LEFTOVER "ORPHAN" INGREDIENTS AND INCLUDED MARKET SWAPS SO YOU CAN ADJUST THE INGREDIENTS BASED ON THE SEASON OR WHAT YOU HAVE ON HAND. TO HELP YOU MAKE THE MOST OF YOUR COOKING, SHE'S EVEN INCLUDED TIPS TO STORE AND REHEAT LEFTOVERS, AS WELL AS CLEVER IDEAS TO TURN THEM INTO AN ENTIRELY NEW DISH. FROM ONE-POT CREAMY SUNDRIED TOMATO ORZO TO SHEET PAN TANDOORI CHICKEN, ALL OF THE RECIPES ARE ACCESSIBLE TO COOKS OF EVERY LEVEL, AND SO INDULGENT YOU WON'T DETECT THE HEALTHY INGREDIENTS. AS CLARKE ALWAYS HEARS FROM HER READERS, "MY FAMILY DOESN'T LIKE HEALTHY FOOD, BUT THEY LOVED THIS!" THIS IS YOUR HOMEY GUIDE TO A HEALTHIER KITCHEN.

THE SUPER EASY VEGAN SLOW COOKER COOKBOOK - TONI OKAMOTO 2017-05-30

DELICIOUS VEGAN RECIPES FOR YOUR SLOW COOKER, PREPARED IN 15 MINUTES OR LESS YOUR SLOW COOKER HOLDS THE KEY TO EATING HEALTHY, PLANT-BASED MEALS THAT ARE FLAVORFUL, INEXPENSIVE, AND CONVENIENT. THE SUPER EASY VEGAN SLOW COOKER COOKBOOK FEATURES MORE THAN 100 SIMPLE SLOW COOKER RECIPES FOR MOUTHWATERING VEGAN DISHES THE WHOLE FAMILY WILL LOVE. YOU'LL LEARN HOW TO MAKE TASTY BASICS LIKE MARINARA SAUCE AND LAZY LENTILS, AS WELL AS MOUTHWATERING MAIN DISHES LIKE BUTTERNUT SQUASH SOUP AND SWEET-AND-SOUR TEMPEH. GET THE MOST OUT OF THESE FUSS-FREE VEGAN RECIPES WITH DETAILED NUTRITIONAL INFORMATION, INGREDIENT AND COOKING TIPS, AND SUGGESTIONS FOR USING YOUR LEFTOVERS. THE SUPER EASY VEGAN SLOW COOKER COOKBOOK INCLUDES: WHOLE FOODS—NOURISH YOURSELF WITH VEGAN RECIPES THAT USE VERY FEW PROCESSED INGREDIENTS. EASY PREP—DISCOVER FIX-AND-FORGET RECIPES THAT ONLY TAKE A FEW MINUTES TO PREPARE. SIMPLE RECIPES—EXPLORE VEGAN SLOW COOKER RECIPES THAT TAKE 5 OR FEWER STEPS TO COMPLETE. EAT VEGAN AND SPEND LESS TIME, MONEY, AND EFFORT—WITHOUT SACRIFICING FLAVOR—WITH THE SUPER EASY VEGAN SLOW COOKER COOKBOOK.

BEST INSTANT POT COOKBOOK - GOOSEBERRY PATCH 2019-12-01

SHORT ON TIME? WITH AN INSTANT POT(R), YOU CAN COOK UP ALL YOUR FAMILY'S FAVORITE MEALS IN A FRACTION OF THE TIME. PRESSURE-COOKER COUNTRY CHICKEN SOUP, BBQ SPARERIBS EVEN DOWN-HOME BACON-BRAISED MIXED GREENS TASTE LIKE THEY COOKED ALL DAY. AND, HOW ABOUT LEMON BREAD PUDDING FOR DESSERT? GOT MORE TIME? GO LOW & SLOW WITH A SLOW COOKER. TREAT YOUR FAMILY TO SLOW-SIMMERED DISHES LIKE FORK-TENDER ITALIAN POT ROAST, TUMMY-WARMING GRANDMA'S FAMOUS CHILI AND HOT FUDGE SPOON CAKE. INCLUDES INSTRUCTIONS AND RECIPES TO SCALE FOR COOKING FOR 1 OR 2 AND FOR CONVERTING SLOW-COOKER RECIPES TO THE PRESSURE COOKER. ALSO WILL INCLUDE SALADS & DESSERTS TO GO-WITH MEALS ENTREES PREPARED IN THE INSTANT POT. ADDITIONAL RECIPES FOR SALADS AND EVEN MORE DESSERTS TO GO WITH WHAT YOU PREPARE IN YOUR INSTANT POT (R)! WE'RE SHARING LOTS OF USEFUL TIPS FOR MAKING THE MOST OF THESE HANDY KITCHEN APPLIANCES. SO PUT 'EM TO WORK,

COOKING UP WONDERFUL MEALS FOR YOUR FAMILY. 175 RECIPES.

NOM NOM PALEO - MICHELLE TAM 2013-12-17

A NEW YORK TIMES COOKBOOK BEST-SELLER. NOM NOM PALEO IS A VISUAL FEAST, CRACKLING WITH HUMOR AND PACKED WITH STUNNINGLY PHOTOGRAPHED STEP-BY-STEP RECIPES FREE OF GLUTEN, SOY, AND ADDED SUGAR. DESIGNED TO INSPIRE THE WHOLE FAMILY TO CHOW DOWN ON HEALTHY, HOME-COOKED MEALS, THIS COOKBOOK COMPILES OVER 100 FOOLPROOF PALEO RECIPES THAT DEMONSTRATE HOW FUN AND FLAVORFUL COOKING WITH WHOLESOME INGREDIENTS CAN BE. AND DID WE MENTION THE CARTOONS? NOM NOM PALEO KICKS OFF WITH A FRESH INTRODUCTION TO PALEO EATING, TAKING READERS ON A GUIDED TOUR OF AUTHOR MICHELLE TAM'S REAL-FOOD STRATEGIES FOR STOCKING THE KITCHEN, SAVING TIME, AND MAXIMIZING FLAVORS WHILE MAINTAINING A PALEO LIFESTYLE. ALSO, SPRINKLED THROUGHOUT THE BOOK ARE ENLIGHTENING FEATURES ON FEEDING KIDS, PACKING NUTRITIOUS LUNCHES, BOOSTING UMAMI, AND MUCH MORE. BUT THE HEART OF THIS BOOK ARE MICHELLE'S AWARD-WINNING PRIMAL PALEO RECIPES, 50 PERCENT OF WHICH ARE BRAND-NEW --- EVEN TO DIEHARD FANS WHO OWN HER BESTSELLING IPAD COOKBOOK APP. READERS CAN START BY MARRYING THEIR FAVORITE INGREDIENTS WITH BUILDING BLOCKS LIKE SRIRACHA MAYONNAISE, LOUISIANA REMOULADE, AND THE INFAMOUS MAGIC MUSHROOM POWDER. THESE BASIC RECIPES LAY THE FOUNDATION FOR MANY OF THE FABULOUS DELIGHTS IN THE REST OF THE BOOK INCLUDING EGGPLANT "RICOTTA" STACKS, CRAB LOUIE, AND DEVILS ON HORSEBACK. THERE'S SOMETHING FOR EVERYONE IN THIS COOKBOOK, FROM SMALL BITES LIKE APPLE CHIPS AND KABALAGALA (UGANDAN PLANTAIN FRITTERS) TO FAMILY-SIZED PLATTERS OF COCONUT PINEAPPLE "RICE" AND SIU YOKE (CRISPY ROAST PORK BELLY). CRAVE EXOTIC SPICES? YOU WON'T BE ABLE TO RESIST THE FRAGRANT AROMAS OF FAST PHO OR MULLIGATAWNY SOUP. IN THE MOOD FOR DOWN-HOME COMFORTS? MAKE SOME YANKEE POT ROAST OR CHICKEN NUGGETS DRIZZLED WITH LEMON HONEY SAUCE. WHEN A QUICK WEEKNIGHT MEAL IS IN ORDER, NOM NOM PALEO CAN SHOW YOU HOW TO MAKE CRISPY SMASHED CHICKEN OR WHOLE-ROASTED BRANZINI IN LESS THAN 30 MINUTES. AND FOR A COLD TREAT ON A HOT DAY, NOTHING BEATS PALEO-DIET-FRIENDLY MOCHA POPSICLES OR A TWO-MINUTE STRAWBERRY BANANA ICE CREAM. EATING HEALTHY DOESN'T MEAN SACRIFICING FLAVOR. THIS BOOK GIVES YOU "PALEO WITH PERSONALITY," AND WILL MAKE YOU EXCITED TO PLAY IN THE KITCHEN AGAIN.

CROCK-POT VEGETARIAN RECIPES - PUBLICATIONS INTERNATIONAL 2013-07

VEGETARIAN COOKING DOESN'T HAVE TO BE DIFFICULT OR DULL--YOUR CROCK-POT® SLOW COOKER MAKES IT EASY TO CREATE GREAT-TASTING RECIPES. FROM HEARTY SOUPS AND STEWS TO GRAIN-PACKED PLATES, THIS BOOK WILL SHOW YOU JUST HOW DELICIOUS--AND CONVENIENT--VEGETARIAN COOKING CAN BE. DISCOVER EXCITING GLOBAL FLAVORS IN DISHES LIKE JAMAICAN QUINOA AND SWEET POTATO STEW, OR ENJOY NEW TWISTS ON CLASSIC RECIPES SUCH AS PORTOBELLO BOLOGNESE SAUCE. MORE THAN 125 RECIPES, MOST WITH FULL-COLOR PHOTOGRAPHY; INCLUDES HELPFUL SLOW COOKING TIPS AND TECHNIQUES

REAL FOOD SLOW COOKER SUPPERS - SAMANTHA SKAGGS 2016-10-11

INCREDIBLE FAMILY-FRIENDLY RECIPES THAT SKIP PROCESSED INGREDIENTS AND EXTENSIVE DIRECTIONS FEEL GOOD ABOUT WHAT YOU'RE FEEDING YOUR FAMILY WITH EASY AND FLAVORFUL REAL FOOD SLOW COOKER SUPPERS. WORKING ADULTS AND BUSY PARENTS CAN ATTEST TO THE APPEAL OF SLOW COOKERS: SIMPLY PILE IN YOUR INGREDIENTS, SET THE TIMER AND WALK AWAY. WHILE IT'S EASY, MORE PEOPLE ARE BECOMING CONSCIOUS OF THE PROCESSED FOODS IN THEIR DIETS AND CHOOSING TO AVOID TRADITIONAL SLOW COOKER MEALS. RECLAIM THE SLOW COOKER AND SET IT FREE FROM PROCESSED INGREDIENTS WITH SAMANTHA SKAGGS' HELP. SAMANTHA SHOWS YOU HOW TO EXPAND YOUR SLOW COOKER'S HORIZONS AND MAKE DISHES LIKE CRAN-CHERRY GLAZED HAM, CHEESY SPINACH LASAGNA AND HONEY-GARLIC BABY BACK RIBS—ONES YOU NEVER THOUGHT WERE POSSIBLE IN A SLOW COOKER. SAMANTHA ALSO REINVENTS BELOVED SLOW COOKER DINNER-TIME CLASSICS LIKE SHEPHERD'S PIE, CHEESEBURGER MACARONI AND COMFORTING POT ROAST WITHOUT THE CANNED CREAM SOUPS AND DRY GRAVY PACKETS, AND SHOWS READERS A WIDE RANGE OF TIPS AND TECHNIQUES TO USE REAL FOOD INGREDIENTS INSTEAD. WITH 80 RECIPES, EACH ACCOMPANIED BY A MOUTHWATERING PHOTOGRAPH, YOU CAN BE SURE YOUR FAMILY WILL HAVE SCRUMPTIOUS REAL FOOD DINNERS ANY NIGHT OF THE WEEK.

DAMN DELICIOUS - RHEE, CHUNGAH 2016-09-06

THE DEBUT COOKBOOK BY THE CREATOR OF THE WILDLY POPULAR BLOG DAMN DELICIOUS PROVES THAT QUICK AND EASY DOESN'T HAVE TO MEAN BORING.BLOGGER CHUNGAH RHEE HAS ATTRACTED MILLIONS OF DEVOTED FANS WITH RECIPES THAT ARE UNDENIABLE 'KEEPERS'- EACH ONE SO SIMPLE, SO EASY, AND SO FLAVOR-PACKED, THAT YOU REACH FOR THEM BUSY NIGHT AFTER BUSY NIGHT. IN DAMN DELICIOUS, SHE SHARES EXCLUSIVE NEW RECIPES AS WELL AS HER MOST BELOVED DISHES, ALL DESIGNED TO BRING FUN AND EXCITEMENT INTO EVERYDAY COOKING. FROM FIVE-INGREDIENT MINI DEEP DISH PIZZAS TO NO-FUSS SHEET PAN STEAK & VEGGIES AND 20-MINUTE SPAGHETTI CARBONARA, THE RECIPES WILL HELP EVEN THE MOST INEXPERIENCED COOKS SPEND LESS TIME IN THE KITCHEN AND MORE TIME AROUND THE TABLE.PACKED WITH QUICKIE BREAKFASTS, 30-MINUTE SKILLET SPRINTS, AND SPEEDY TAKEOUT COPYCATS, THIS COOKBOOK IS GUARANTEED TO INSPIRE READERS TO WHIP UP FAST, HEALTHY, HOMEMADE MEALS THAT ARE TRULY 'DAMN DELICIOUS!' **FIX-IT AND FORGET-IT VEGETARIAN COOKBOOK** - PHYLLIS GOOD 2016-10-25

IF YOU'D LIKE TO INCLUDE MORE MEATLESS DISHES IN YOUR COOKING, THIS COOKBOOK IS FOR YOU. AND IF YOU WANT TO COOK CONFIDENTLY FOR YOUR VEGETARIAN FRIENDS OR FAMILY, FIX-IT AND FORGET-IT VEGETARIAN COOKBOOK IS FULL OF TASTY IDEAS. HERE ARE SLOW-COOKER RECIPES AS WELL AS STOVE-TOP AND OVEN RECIPES IN ONE HANDY COOKBOOK. HALF OF THESE 500 RECIPES ARE FOR SLOW COOKERS. IN FACT, ALL OF THE RECIPES ARE EASY TO PREPARE AND ALL ARE MADE WITH EASY-TO-FIND INGREDIENTS. HERE ARE TRIED AND TRUE VEGETARIAN FAVORITES. AND YOU'LL DISCOVER LOTS OF FRESH IDEAS USING FAMILIAR INGREDIENTS--FOOD WE ALREADY BUY AND LOVE, SET TO NEW RECIPES. NOT SURE HOW ALL THE PARTS OF A VEGETARIAN MEAL COME TOGETHER? FLIP TO THE 50 MENUS TO FIND WELL-BALANCED MEALS AND TASTY FOOD COMBINATIONS. NOW YOU CAN CONFIDENTLY SERVE A NUTRITIONALLY COMPLETE VEGETARIAN MEAL FOR A WEEKDAY FAMILY SUPPER, OR A FEAST FOR A SPECIAL DAY. EXPERIENCE HOW ENTICING AND SATISFYING VEGETARIAN COOKING CAN BE! SKYHORSE PUBLISHING, ALONG WITH OUR GOOD BOOKS AND ARCADE IMPRINTS, IS PROUD TO

PUBLISH A BROAD RANGE OF COOKBOOKS, INCLUDING BOOKS ON JUICING, GRILLING, BAKING, FRYING, HOME BREWING AND WINEMAKING, SLOW COOKERS, AND CAST IRON COOKING. WE'VE BEEN SUCCESSFUL WITH BOOKS ON GLUTEN-FREE COOKING, VEGETARIAN AND VEGAN COOKING, PALEO, RAW FOODS, AND MORE. OUR LIST INCLUDES FRENCH COOKING, SWEDISH COOKING, AUSTRIAN AND GERMAN COOKING,

CAJUN COOKING, AS WELL AS BOOKS ON JERKY, CANNING AND PRESERVING, PEANUT BUTTER, MEATBALLS, OIL AND VINEGAR, BONE BROTH, AND MORE. WHILE NOT EVERY TITLE WE PUBLISH BECOMES A NEW YORK TIMES BESTSELLER OR A NATIONAL BESTSELLER, WE ARE COMMITTED TO BOOKS ON SUBJECTS THAT ARE SOMETIMES OVERLOOKED AND TO AUTHORS WHOSE WORK MIGHT NOT OTHERWISE FIND A HOME.