



Diet Books: Clean Eating Recipes and Crockpot Ideas

Paula Odowd, Dagenhart Dusti

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Diet Books: Clean Eating Recipes and Crockpot Ideas The Diet Book features two of the best diets, which offer easy healthy recipes, the Clean Eating diet, and the Crockpot Recipes, which offers simple healthy recipes. The best diet food for you is always one that gives you a wide selection of healthy food recipes using good diet foods, which are using whole vegetables, fruits, and lean meats with whole grains. When you add these healthy diet foods into your menu plan, your body becomes healthier. Make it a lifestyle change by consuming the good diet foods daily. The first section of the Diet Book covers the Clean Eating Diet with these chapters: The Clean Diet, Benefits of Clean Eating, Alternative Food Types, Tips for Eating Clean and Healthy, 5 Day Sample Planner for Day to Day Meals, Breakfast Recipes, Quick and Easy Lunches, Main Meal Recipes, Side Dishes, Desserts, Snacks, and Beverages. The second section of the Diet Book covers 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. A sampling of the included recipes are: Rice Crispy Bars, Cherry Apple Cobbler, Crock Pot Tomato Soup, Saucy Slow Cooker Meatballs, Crockpot Roast Beef Grinders, Sweet Grain Morning Cereal, Classic Monkey Bread - Crockpot Style, Caribbean Cooler, Fruit Nutty Trail Mix, Perfect Strawberry Parfait, Green Bean Casserole Supreme, No Problem Grilled Jerk Chicken, Marinated Salmon with Cucumber Salsa, Springtime Baked Omelet, Rubeen Supreme Sandwich, Beef Asparagus Stir-Fry, and Stuffed Zucchini Boats.

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