



Healthy Recipes Box Set: 65+ Healthy and Easy to Make Low Carb, 5:2 Diet, Slow Cooker, Clean Food Diet and Cookies Recipes (low carb recipes, 5 2 diet, losing weight)

Eunice Hines, Cindy Howard, Sara Hughes, Heather Klein, Una Soto

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BOOK #1: Slow Cooker: Cooking and Recipes for Weight Loss: 60 Simple and Easy Recipes

Are you sick and tired of being out of shape? Have you been putting off losing weight because the thought of eating healthier meals just isn't all that appealing? Or perhaps you feel like you just don't have the time to cook healthier meals?

I was in the same boat a couple of years ago, and if you're like me, you didn't want to give up your comfort foods.

BOOK #2: Low Carb Recipes: 20 Healthy and Delicious Low Carb Recipes You Can Prepare Easily and Reduce Your Weight

When it comes to eating healthy most people think that you have to eliminate taste and the foods that we love. In fact when it comes to diets if we just change the way that we look at food and how it reacts to our bodies.

In this book we will educate you about foods. We will tell you how food breaks down in our bodies and how our bodies use that food to create energy, fat and other substances our bodies need to be healthy.

BOOK #3: 5:2 Diet Cookbook: 20 Fast and Easy to Make Diet Recipes To Reduce Your Weight

We've all tried many crazy things to lose weight: vibrating belt machines, shake weight, liquid diets or even eating nothing but steak for weeks at a time. The modest method proposed in this book is to have a balanced diet and lose weight by learning how to make delicious, nutritious and healthy food that can be prepared in advanced for daily lunches or whipped up quickly when you come home from work.

BOOK #4: Slow Cooker Meals: 22 Fast, Easy to Make, and Delicious Slow Cooker Recipes

Slow cooker recipes offer a wonderful time to savor delicious recipes while you attend to various household chores. If you have the time, the slow cooker recipes are an incredible source to enjoying a fantastic dish after a tiresome activity. Instead of the hot stove, the method involves slow cooking using the regular crock-pot. You can begin with toasty drinks to appetizers and main dishes to desserts, there are a plenty of recipes that will make every day countable, happening, and healthy.

BOOK #5: Clean Food Diet: Learn Top 10 Processed Food You Should Avoid to Reduce Your Weight

There is no need to follow a fad diet because the clean food diet is much better to follow. The diet promotes the use of healthy food items while skipping all unhealthy foods and alcoholic beverages. The *Clean Food Diet: Learn Top 10 Processed Food You Should Avoid to Reduce Your Weight* is a special book designed for you to promote better health.

BOOK #6: Cookies: Delicious Cookie Recipes You can Make in Less than 20 Minutes

Do you like cookies? Here are great news for you - Delicious Cookie Recipes You can Make in Less than 20 Minutes

Here is a book everyone who loves cookies will sure like to have at hand. Here is a combination of some mouth watering cookie recipes for your awesome delight and for the whole family at large. The various recipes included in this book have been carefully selected from amongst the several cookies that are available. Along with the cookies are step by step preparation processes and guide into how to prepare each cookie recipe. Every recipe included has been written about in very simply easy to follow systematically compiled instructions. You can't miss any of the procedures if you follow the instructions in this recipe book.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Myra Lopez:

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