



# Nutrition And Wellness: Nutritious Grain Free Recipes and Slow Cooker Goodness

*Florine Huf, Lipscomb Valentina*

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Nutrition And Wellness: Nutritious Grain Free Recipes and Slow Cooker Goodness Nutrition and Wellness features two diet plans that makes it easier to have a healthy life by eating right. The two diets are the Slow Cooker Cookbook and the Grain Free Diet. Each diet varies giving you a wide variety of food and recipes in which to choose. In order for the body to stay well it needs to have a strong immune system. Dieting is the best way to get the nutrients needed to have a strong immune system and a healthy lifestyle. The diets in this book are nutritious and delicious. The first section details the Slow Cooker Cookbook with these categories: What is the Difference Between a Slow Cooker and a Crock Pot, Slow Cookers and Food Safety, The Advantages to Cooking with a Slow Cooker, Tips for Making the Most of Your Slow Cooker, You Can Even Make Meatloaf in the Slow Cooker, Breakfast Recipes, Snack, Dessert, and Appetizer Recipes, Soup and Stew Recipes, Main Dish and One Dish Meals, and a 5 Day Meal Plan. A sampling of the recipes includes: Chicken Stroganoff, Split Pea Soup, Carrot Cake, Cherry Croissant Pudding, Chocolate Mocha Bread Pudding, and Cranberry Oatmeal. The second section of the book covers the Grain Free Diet plan with these categories: Grain Free Breakfast Recipes, Grain Free Snacks, Appetizers, and Desserts, Grain Free Breads, Grain Free Side Dish Recipes, Grain Free Main Dish Recipes, and a 5 Day Meal Plan. A sampling of the recipes includes: Dutch Oven Chili, Kale Mango Salad, Zucchini Bread, Tortilla Chips, Coffee Cake, Vanilla Yogurt with Fruit Salad, Peanut Butter Cookies, Irish Soda Bread, Broccoli Quinoa Casserole, Parmesan Mushrooms Quinoa, Baked Salmon, Stuffing, Sandwich Bread, Raisin Spice Nut Cake, Apple Sausage, Oven Omelet, Cajun Fries, Corn Bread, and Meaty Red Beans and Rice.

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