



# **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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**From reader reviews:**

**Diane Williams:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite reserve and reading a book. Beside you can solve your condition; you can add your knowledge by the e-book entitled 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). Try to make the book 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) as your good friend. It means that it can to be your friend when you experience alone and beside those of course make you smarter than before. Yeah, it is very fortunated for you. The book makes you much more confidence because you can know every little thing by the book. So , let me make new experience as well as knowledge with this book.

**Heather Bencomo:**

Reading can called brain hangout, why? Because if you are reading a book specially book entitled 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) your thoughts will drift away trough every dimension, wandering in every aspect that maybe not known for but surely will become your mind friends. Imaging just about every word written in a guide then become one form conclusion and explanation which maybe you never get prior to. The 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) giving you one more experience more than blown away your brain but also giving you useful data for your better life in this era. So now let us present to you the relaxing pattern this is your body and mind will probably be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

**Melvin Hayes:**

Would you one of the book lovers? If so, do you ever feeling doubt when you are in the book store? Attempt to pick one book that you never know the inside because don't judge book by its cover may doesn't work this is difficult job because you are frightened that the inside maybe not as fantastic as in the outside appear likes. Maybe you answer can be 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) why because the amazing cover that make you consider regarding the content will not disappoint you. The inside or content is definitely fantastic as the outside or maybe cover. Your reading sixth sense will directly direct you to pick up this book.

**Lillian Thrasher:**

That book can make you to feel relax. This specific book 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) was colourful and of course has pictures on there. As we know that book 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) has many kinds or variety. Start from kids until youngsters. For example Naruto or Detective Conan you can read and feel that you are the character on there. Therefore not at all of book usually are make you bored, any it can make you feel happy, fun and unwind. Try to choose the best book in your case and try to like reading that will.

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