



Slow Cooker Recipes: The Best of 101 Nutritious and Delicious Healthy Slow-Cooking Recipes for your Crock Pot

J.J. Lewis

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Too busy to cook a decent meal? Are you feeling unhealthy from all the fast-food you are eating? Looking for a cookbook that will show you quick and easy recipes of tasty and healthy dishes?

JJ Lewis' "Slow Cooker Recipes" book will give you what you've been looking for!

The slow cooking will solve your nutritional worries for you will be able to cook up meals that don't need much preparation and waiting! JJ Lewis is a **highly decorated chef and author** of several cookbooks. She also contributes to countless recipe collections. Her **recipes focus on healthy dishes** and kitchen hacks that will not only give you the figure you dream of, but also the physical wellness you need. She's an innovator who loves to try out new combinations of flavors and nutrient mix. She's undergone a lot of training and has attended classes with many of world's best cooks.

Slow cooking allows you to prepare healthy meals without wasting too much of your time!

The **cooking on a slow cooker**--the appliance you will be using to cook the meals in--**gives you a lot of versatility**. You can **make hearty, healthy dishes** for the entire family in a simple "throw in and cook" way. This means you just need to fill your slow cooker with ingredients you want, turn it on low or high setting, **get on with your day or job** and when you come home, you'll be enjoying a wonderful fresh homemade prepared meal. How simple is that? Here are some of the delightful recipes you will be learning to cook in this cookbook:

- Thai Pork Roast
- Pork Cassoulet
- Lamb Tagine
- Lamb Stew
- Chicken with Mushrooms

Give yourself more nutrients while being able to have more time to do what you want!

When you cook the recipes in JJ Lewis' book, you will simply **just dump everything** in the slow cooker and get on with your life. It'll just take less than 3 minutes! You'll just cut some ingredients and then dump. So, you'll **free up more of your day!** If you're a mom, you can have **more time for the kids**. If you are a busy yuppie, you can just prepare a recipe before heading out to work and come home expecting a tasty healthy meal!

Stop worrying about your health and enjoy more out of life!

As previously mentioned, with slow cooking, you are finally able to give yourself and your family the **healthy meals you deserve and you don't even have to spend too much time** on the kitchen for it! So, once you begin to embrace the diet, you will get to **maintain a healthy diet** while getting **more time** for yourself!

Download NOW by clicking the orange "BUY NOW" button.

Time to save yourself some time and be healthier. Get JJ's Slow Cooker Recipes cookbook now!

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Marline Deluca:

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