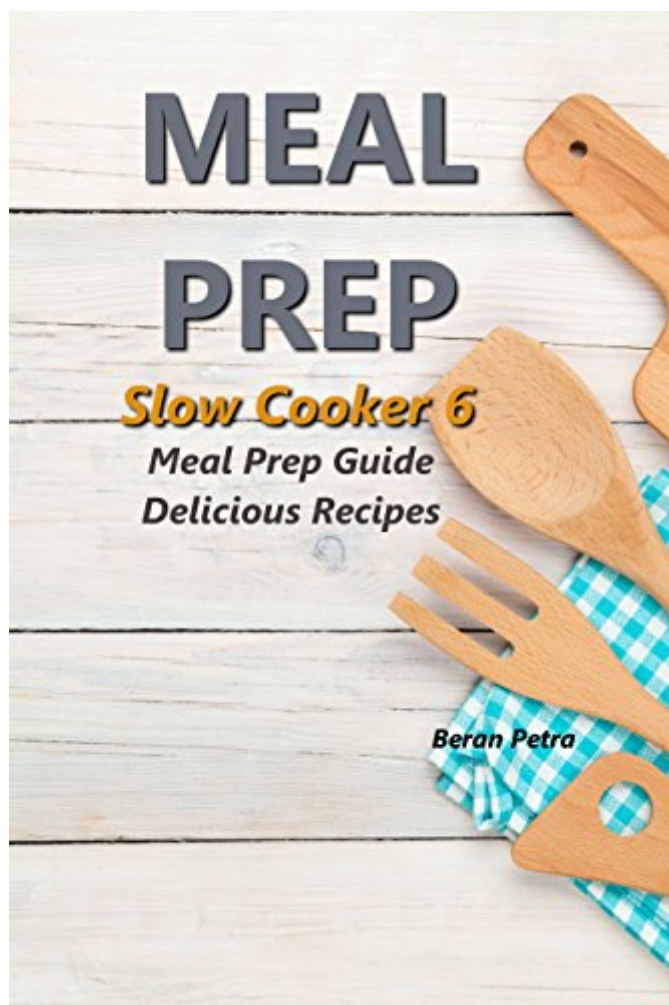




The book was found

Meal Prep - Slow Cooker 6: Meal Prep Guide - Delicious Recipes



Synopsis

You have come to the right page if you are looking for meal prepping recipe ideas! This book is sure to give you so many ideas, for your next week, months, years meals! Meal prepping just makes sense. It is also a great way to assure we eat healthy choice meals, regularly. Take a look at what is inside this book...

Meal Prepping 101

What you'll need:

Step 1: Figure out What Everyone Wants to Eat!

Step 2: Create the Grocery List

Step 3: Know the Fridge and Shelf Life of Your Groceries

Step 4: The Actual Task of Preparing your Meals

Breakfast:

Lunch:

Dinner:

Conclusion:

Delicious Slow Cooker Recipes!

Spicy Chicken Drumsticks

German Potato Salad

Vegetable Stew and Curried Chicken

Slow Roasted Savory Tomatoes

Spicy Tomato Dip

White Peppered Bean Dip

5-Spice Tasty Chicken Wings

Hot Wing Dip

Italian Meatballs

Thai Peanut Sauce Chicken Wings

Spinach, Kale, and Artichoke Dip

Chocolate Fruit Kabobs

Spicy Turkey Onion Bean Dip

Creamy Cheddar Fondue

Maple Glazed Cocktail Sausages

Pulled Barbecue Chicken

Irish Lamb and Potato Stew

Beef Hungarian Goulash

Cornbread

Chicken Dressing

Italian Cream Cheese Chicken

Braised Asian Pork Tenderloin

Cheddar and Broccoli Soup

Texas Style Turkey Stew

Cooker Pot Roast

Slow Cooker Short Ribs

Crock Harvest Potatoes and Chicken

Shredded Beef Stew

Chicken Noodle Soup

Swiss Steak Made Easy

Slow Cooker Steak Tacos

Slow Cooker Cheeseburgers

Slow Cooker Japanese Lamb

Saucy and Tangy Drumsticks

Corned Beef and Cabbage

Shredded Beef Slow Cooker Sandwiches

Spicy and Juicy Beef Roast

Comfort Chili

Dried Tomatoes and Beans

Cooker Chicken Tacos

Slow Cooker Chicken Creole

Mu Shu

Slow Cooker Turkey

Peek A Boo Chicken Casserole

Dude Ranch Steak Soup

Artichoke and Rosemary Chicken

Garden Bounty Style Tomato Soup

Vegetable Curry

Cranberry Pork Chops

Salmon Patties

Lemon Dill Slow Cooker Chicken

Tex Mex Lime Flavored Pork and Onions

How about some bonus recipes?!

Healthy Quinoa Vegetable Pilaf

Fruit and Bean Quinoa Salad

Cranberry Kale Quinoa

Easy Quinoa Porridge

Simple Garlic Quinoa

Quinoa Broccoli Casserole

Simple Wild Rice

Creamy Carrot Risotto

Easy Couscous

Easy Kale Lentils

Pea and Corn Rice

Homemade Baked Beans

Healthy Steamed Broccoli

Easy Baked Sweet Potatoes

Gluten Free Lentil Tacos

Split Peas Soup

Rice and Lentils Bowl

Hearty Spinach Lentil Soup

Yummy Mac and Cheese

Creamy and Delicious Potato Mash

Split Green gram Rice

Simple Carrot Leek Potage

Easy Pea Rice

Delicious Cauliflower and Broccoli Soup

Onion Potato Soup

Bell Pepper and Pumpkin Soup

Celery Tomato Bean Soup

Delicious Carrot Sweet Potato Soup

Order your copy today, and enjoy!

Book Information

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Customer Reviews

These recipes make me think of cold winter day or a get together to watch sports. Many of these sound really good and satisfying

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