



Weight Loss Box Set: 100+ Crock Pot, Paleo and Gluten Free Recipes for Weight Loss (crock pot, crock pot chicken recipes, crock pot chicken)

Sophia Butler, Adriana Ruiz, Alton Grey, Tessie Bates, Denise Tran

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BOOK #1: Crock Pot: 48 Absolutely Amazing Crockpot Recipes for Weight Loss

No matter what your condition is regarding the idea of weight loss or fitness, you definitely need to be able to develop a good consistent weight control program and diet for yourself. Research had shown that so many people tend to find this issue of weight loss a difficult task. Some people start on diets which are completely wrong or tend to work contrary to the goal of losing weight. This in most cases is usually as a result of wrong orientation regarding what they need to maintain as their weight control diet.

BOOK #2: Clean Food Diet: 12 Amazing Lessons to Avoid Processed Food, Start Eating Clean, and Reduce Your Weight

Is clean eating just another fad diet? Absolutely not! You don't have to go to regular meetings, or count every calorie that passes through your lips, and you definitely don't have to go without all those tasty little morsels that other diets tell you to stay away from at all costs. No, clean eating is simply about changing the way you eat by utilizing healthy foods that feed and nourish your body.

BOOK #3: Paleo Recipes: 28 Quick and Easy to Prepare Paleo Recipes to Help You Get Rid of Fat

There's no need to cut down on flavour to get rid of unwanted fat, or to have a fully healthy, nutritious and energetic diet! Paleo eating, by simply selecting the ingredients that are good for our bodies and for our minds offers a great alternative to tiresome and boring diets if you wish to lose the extra pound. All the recipes in paleo diet are very nutritious, but they avoid those ingredients that end up being stored up in the wrong places in our body, like saturated fats and refined sugars. It's just a matter of choice.

BOOK #4: Gluten Free CookBook: 25 Delicious and Easy to Make Gluten Free Recipes for Weight Loss

The word 'gluten' refers to a certain protein that is contained in wheat, barley, rye, or anything containing these ingredients. Those unfortunate enough to have celiac disease must avoid consuming any gluten-containing foods to avoid damaging their small intestine. There are also people who are gluten intolerant and have to avoid the protein as well.

BOOK #5: Crockpot Recipes: 22 Low Calorie Crockpot Recipes to Reduce Your Weight

The secret of losing weight while still enjoying full-bodied meals is slow cooking; by slow cooking in your crockpot, in fact, you can simply cut out all the fats that we use in 'normal' cooking (especially when frying); on the other hand, slow cooking allows you to keep all the nutrients you need (including minerals and vitamins, which become damaged or get totally destroyed when we use very high temperatures), as well as the flavours of all your ingredients.

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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