



The Skinny 5:2 Diet Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories for Your 5:2 Diet

By Cooknation

Bell Mackenzie Publishing, United Kingdom, 2013. Paperback. Book Condition: New. 216 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****.Imagine a diet where you can eat whatever you want for 5 days a week and fast for 2. That s what the 5:2 diet is and it s revolutionised the way people think about dieting. The Skinny 5:2 Diet Slow Cooker Recipe Book is packed with advice, info, slow cooker recipes and snack inspiration ideas to get you started and keep you on track. As bestselling Amazon authors of The Skinny Slow Cooker Recipe Book range we noticed lots of 5:2 followers were buying our books, so we decided to put our existing recipes, along with some new ones, into easy to use menu planners to support your 5:2 efforts. With 36 daily meal planners this book has everything you need to get you through, and with family friendly recipes and suggestions you can still feed your family as well as yourself even on your fasting days. Slow cooker recipes include: Perfect Pulled Pork Sweet Asian Chicken Chili Con Carne Wild Mushroom Stroganoff (v) Italian Meatballs Budapest s Best Beef Goulash Enchilada El Salvador Sweet...



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