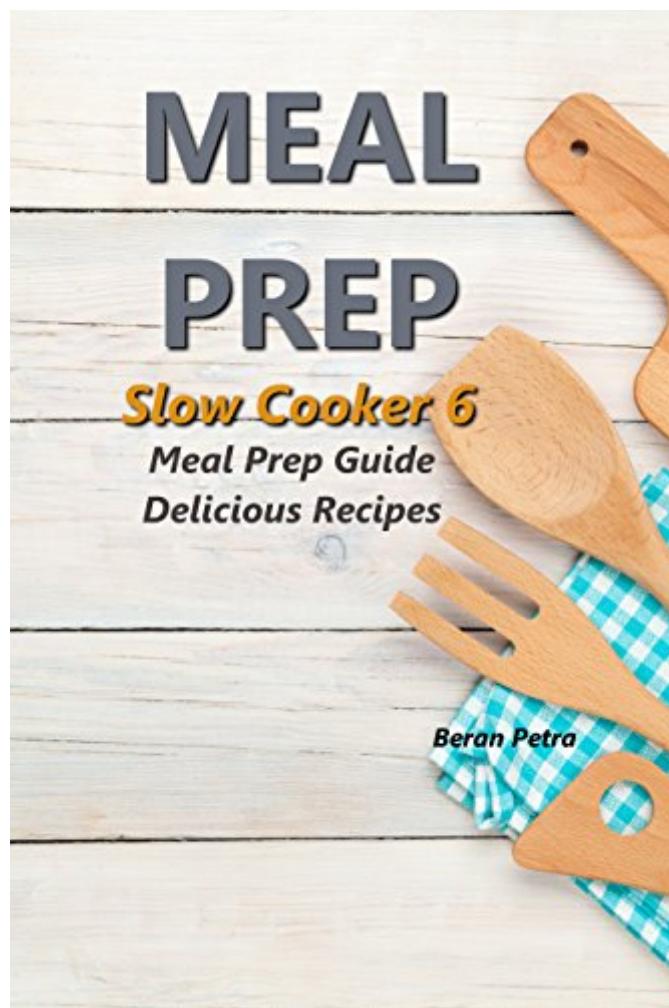


The book was found

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: 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

File Size: 5952 KB

Print Length: 155 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 17, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073ZPGZWS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #845,180 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Hungarian #73 in Books > Cookbooks, Food & Wine > Regional & International > European > Hungarian #1220 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Appliances

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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