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Mediterranean: Slow Cooker: Paleo: Crockpot: Box Set: The Ultimate Recipes Cookbook Box Set(30+ Free Books Included!) (Mediterranean Diet, Mediterranean ... Beginners Guide, Mediterranean, Cooking)



Synopsis

30+ Free Bonus Books Included! (Value: \$299!) Today \$2.99. Usual List Price \$29.99! The Complete Healthy And Delicious Recipes Cookbook Box Set! Mediterranean Diet Cookbook Slow Cooker Recipes Cookbook Paleo Diet Cookbook Crockpot Recipes Cookbook Book 1: Mediterranean: The Complete Mediterranean Diet Recipes Cookbook The Mediterranean diet is prized for its ability to have people looking and feeling years younger than they actually are. This diet boasts some of the freshest ingredients from around the world, with a focus on using lots of olive oil, fresh fruit and veggies, beans, and fish. While many people love the Mediterranean diet, they tend to have problems fitting the foods into their daily lives – that's where this book comes in. In The Complete Mediterranean Diet Cookbook, we will focus in on many of the foods that you already eat, but we just make them cleaner and healthier than ever. Book 2: Slow Cooker: The Complete Slow Cooker Recipes Cookbook The slow cooker is what every home needs and the recipes for slow cooker dishes even more. This is because your life is always easier when you have something so helpful in your kitchen to make your lunches, dinners and also the appetizers for your gatherings and parties. This book is just for you, filled with many different recipes that everyone will enjoy. Also, these recipes are designed so that you will need less preparation time to make so that you have more time for yourself. It just can't get simpler, have a finished meal in just a few hours without any effort. All the recipes in this book are with different flavors and they are unique from each other, and this makes this book the best collection of slow cooker recipes. Book 3: Paleo: The Complete Paleo Diet Recipes Cookbook Recently, many have started to look into the paleo diet as a way to lose weight. It's an effective diet, and it's a way to not only lose weight, but also to help keep the body healthy and flush out many of the toxins that are present within it. For many people, the paleo diet is one of the best ways to go, because not only is it low in calories, you're improving your digestive system and stopping a leaky gut, lowering your blood sugar, getting the vitamins and minerals that you need, and most importantly you're eating foods that you should be eating. It's a diet that is very simple to follow in a sense, and you actually can find some great recipes to choose from. Book 4: Crockpot: The Complete Crockpot Recipes Cookbook For many people, the crock pot is one of the best ways to start cooking. You can have a lot of fun with this little machine, and it's great for all of us who are busy and on the go. It's one of the best ways to cook for many, and it's become one of the most revolutionary ways to cook food for some. However, many of us don't know the first thing about cooking with a crock pot, and many times there are a lot of things we don't know about it, and we might not know the potential of this little machine. There is also the fact that we might only know a few recipes at a time, but we don't know what to

really make with this. However, this book will allow you to learn about all of the different types of crock pot recipes that are out there. Tags: Mediterranean Diet, Mediterranean Cookbook, Mediterranean Recipes, Cookbooks, Beginners Guide, Mediterranean, Cooking

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Customer Reviews

This recipe and cook book is a different take on a well balanced, easy to prepare healthy meal. It comes with a lot of options for you to choose from, whichever suits your taste and need. It focuses not on totally changing your choice of food, but it only encourages you to tinker some of your preparation habits and alter the ingredients to a healthier alternative. I appreciate that this book gave a lot of tasty and enjoyable sample recipe that is interestingly easy to make from breakfast, lunch, and snacks to dinner and desserts this book got you covered.

I didn't know about Mediterranean diet before, I thought it's just the same as all the diets I always hear and see in almost everywhere. But now I know that it is not merely a diet, but a lifestyle that can help me attain a good health. I learned that diet is not just about foods but also changing the way I live my life. In here I also find Mediterranean recipes that are quite new to me, but I'm

willing to try them one of these days.

So many recipes, my head is starting to hurt. I am not joking! Slow cooker, crock pot, and the Mediterranean diet in the same book. How could I ask for anything else? You can enjoy in these delicious meals and all that without breaking a sweat. It's a little paradise in your own kitchen and the smell is fantastic.

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