



# **Crockpot Recipes: 22 Low Calorie Crockpot Recipes to Reduce Your Weight (crock pot, crock pot chicken recipes, crock pot chicken)**

*Denise Tran*

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So you have decided to lose some weight, but you are not ready to give up to the full flavour of your meals? Don't worry; you don't have to!

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.

*Crockpot Recipes: 22 Low Calorie Crockpot Recipes to Reduce Your Weight* offers you simple and lean recipes which you can cook with ease, while not asking you to renounce any of the wonderful flavours you have been accustomed to. In fact, the only thing you will never find in this book is fat!

This book will teach you how to cook using your crockpot and how you can save time and money while eating very well and slimming down in the process.

## **This book includes:**

- The principles of crockpot cooking, explained clearly
- Great recipes for all tastes and for all seasons
- Meat dishes that preserve all the flavour but have none of the fat
- Great vegetable dishes you can cook with your crockpot
- Great starters, like soups, that you can prepare very easily
- Lots of mains that will leave you and your guests amazed at how rich in flavour your healthy diet can be

## **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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