



Mediterranean Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Mediterranean Diet Crock Pot Recipes For Weight Loss

Kristina Newman

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DISCOVER THESE AMAZINGLY SIMPLE MEDITERRANEAN DIET SLOW COOKER RECIPES! If you want to prepare fast, delicious and healthy meals and follow your Mediterranean Diet then this recipe book is for you.... THIS RECIPE BOOK was created for people like you who are BUSY but still want to follow a Mediterranean Diet. Each recipe follows the Mediterranean Diet and can be prepared and cooked with very little time and effort on your part which makes them all perfect for people who hate working over a stove all day. INSIDE THIS RECIPE BOOK you will get recipes covering everything from Breakfast, Stews, Soups, Main Dishes, and more! One huge benefit of using the slow cooker is the ease of catering to a specific diet. In this book, you will find fifty recipes specifically made for those on the Mediterranean Diet. Although cooking times may vary from other non-Mediterranean Diet meals, the process will be virtually the same (just with healthier ingredients of course). Instead of worrying about how to prepare and cook a new ingredient that you've never seen before, you can just toss everything into the slow cooker and head off to work. By the time you walk back into the door, your home will be filled with the aromas of many a Greek and Southern Italian home. HERE ARE JUST A FEW OF THE AMAZING RECIPES INSIDE THIS BOOK •Mediterranean Diet Chicken with Capers •Mediterranean Diet Shrimp with Crushed Tomatoes & Feta •Mediterranean Diet Chicken & Vegetable Ragout •Mediterranean Diet Zesty Cauliflower In Slow Cooker •Mediterranean Diet Pork Tenderloin •Mediterranean Diet Beef Sandwiches in the Slow Cooker •Mediterranean Diet Slow Cooker Rice Paella •MUCH MUCH MORE!

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