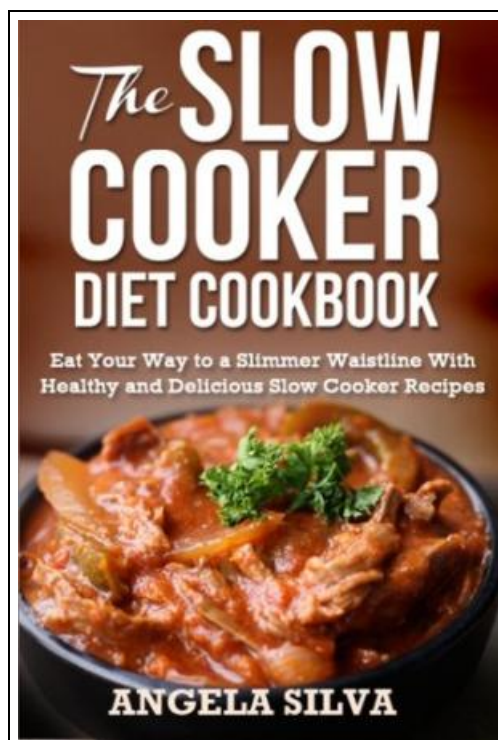


## The Slow Cooker Diet Cookbook: Eat Your Way to a Slimmer Waistline with Healthy and Delicious Slow Cooker Recipes (Paperback)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. How to Lose Weight Using Your Slow Cooker Do You Want to Eat Your Way to Fat Loss Without Avoiding Your Favorite Foods? Well, guess what? It's not difficult. all you need to do is follow 4 simple steps that I'm going to list out below. These steps are almost ridiculously easy to follow and that's why they're so effective. People love to complicate simple topics. And one area that people especially love to complicate is fitness and weight loss. When the truth is all you really need to do is focus on a few key actions. Do this and you will see great results. Sure, you could use more complicated strategies, but these 4 strategies are simple, easy to adopt and will get you results fast. So what are the strategies? 1. Eat the Right Foods Eating the correct foods is the key to fat loss. Eating nutritious and healthy foods cannot be understated. No matter how much you exercise if you don't eat the correct foods you will never see the results you want. Stick to eating certain foods and you'll see amazing results. 2. Eat Delicious Meals Everyday Sure, you could eat chicken and broccoli every day, but you would never stick to it for long. One of the main reasons people quit their fat loss goals is the limitations most diets place on food. Don't let this be a barrier for you. 3. Let the Food Do the Work For You There are certain ingredients you can start eating that will actually burn fat. Use spices to fire up the metabolism. Use slow release carbohydrates to feel fuller...



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