



# **Our Favorite Detox & Weight Loss Slow Cooker Recipes: Look Great, Get Healthy, Lose Weight (The Reluctant Vegetarians) (Volume 3)**

*Geoff Wells, Vicky Wells*

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We love slow cooker meals because they are easy, convenient and tasty. Even better are slow cooker meals that help you **lose weight** and **get healthy**.

You'll find that when you eat a vegetarian or vegan diet, you'll be eating a lot more nutrient-dense food while keeping your calories very low.

That's not to say that ALL vegan and vegetarian food is low calorie. You'll still need to watch your intake of fats and higher calorie foods, but you'll also find that you retain the "full" feeling longer because your body is getting more of the nutrients it needs.

Some of the recipes are good for **detox** and they are noted as such. All of the recipes are **vegetarian** or **vegan** and most of them will help you to lose weight as well.

Some of the dessert recipes are a little higher in calories so use them sparingly.

You'll want to add this healthy recipes cookbook to your collection now.

Here's the list of the delicious, nutritious recipes you'll find in this book:

### **Breakfast Recipes**

- Apple Cinnamon Oatmeal \*
- Bread Pudding for Breakfast \*
- Cinnamon Quinoa \*
- Fruit & Nut Breakfast Oatmeal \*
- Multi-Grain Hot Cereal \*
- Overnight Cranberry Oatmeal \*
- Pear and Chai Breakfast Cake \*\*
- Spicy Breakfast Risotto \*

### **Lunch/Dinner Recipes**

- Autumn Harvest Stew \*
- Baby Spinach and White Beans \*
- Basic Vegetarian/Vegan Baked Beans
- Black Bean Stew \*
- Broccoli and Cauliflower Detox Soup \*
- Butternut Squash and Parsnip Soup \*
- Cabbage and Apple Soup \*
- Cabbage and Apple Side Dish \*
- Canadian Maple Baked Beans \*
- Chickpea Curry with Spinach and Kale \*
- Chunky Root Vegetable Stew \*
- Coconut Curry Stew \*
- Curried Beans & Veggies \*
- Easy Pinto Beans \*
- Hearty Barley and Lentil Stew \*

- Italian Bean Casserole \*
- Italian Style Beans with Sun Dried Tomatoes and Black Olives \*
- Lentil Chili \*
- Mexican Chickpeas \*
- Mushroom and Spinach Quiche \*\*
- Red Cabbage and Carrot Detox Soup \*
- Sicilian Style Fava Beans \*
- Spaghetti Sauce \*
- Split Pea and Cabbage Stew \*
- Split Pea Soup \*
- Tomato and Kale Detox Soup \*
- Vegetable and Lentil Stew \*

### **Dessert Recipes**

- Chocolate Peanut Butter Cake \*\*
- Cranberry Peach Cobbler \*\*
- Fruity Cobbler \*
- Pumpkin Nut Bread \*\*
- Rice Pudding \*\*

**Bonus Recipe** - Homemade Pumpkin Pie Spice

\* = **Vegan**

\*\* = **Vegetarian**

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#### **June Whitaker:**

A lot of people always spent their very own free time to vacation as well as go to the outside with them family members or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun for yourself. If you enjoy the book you read you can spent the entire day to reading a reserve. The book Our Favorite Detox & Weight Loss Slow Cooker Recipes: Look Great, Get Healthy, Lose Weight (The Reluctant Vegetarians) (Volume 3) it is quite good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In the event you did not have enough space to develop this book you can buy typically the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not too expensive but this book provides high quality.

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