



# Quick Weight Loss Diet: Slow Cooker Recipes and Tasty Green Smoothies

*Kellie Steffen, Statha Jess*

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Quick Weight Loss Diet: Slow Cooker Recipes and Tasty Green Smoothies The Quick Weight Loss Diet book is about two distinctive diets - the Green Juice Diet and the Slow Cooker Cookbook. Each of these weight loss plans offers diet meal plans to help you plan the menu for a couple of weeks without repeating a recipe. You can use the juicing diet in conjunction with the slow cooker section to have a big selection in weight loss food. The best weight loss program is simple because it helps you to have a healthy weight loss. If you do it right it can be a fast weight loss diet as well. This weight loss plan incorporates the two diets to help you get a good jump start with juicing then advancing on to slow cooker meals and juicing in between. The first section of the Quick Weight Loss Diet book covers the Slow Cooker Cookbook with these chapters: What is the Difference Between a Slow Cooker and a Crock Pot, Slow Cookers and Food Safety, The Advantages to Cooking with a Slow Cooker, Tips for Making the Most of Your Slow Cooker, You Can Even Make Meatloaf in the Slow Cooker, Breakfast Recipes, Snack, Dessert, and Appetizer Recipes, Soup and Stew Recipes, Main Dish and One Dish Meals, and a 5 Day Meal Plan. The second section of the Quick Weight Loss Diet book covers the Green Juice Diet with these chapters: Benefits of the Green Juice Diet, Helpful Tips for Dieting Success, Delicious and Nutritious Green Juice Recipes, and Your 7 day Green Juicing Diet Meal Plan. A sampling of the included recipes are: Dandelion Green and Basil Green Juice Recipe, Tangerine Broccoli Green Juice with Ginger Recipe, Zucchini Cucumber Green Juice Recipe, Kale and Cucumber Green Juice Recipe, Spaghetti, Famous Beef Pot Roast, Mexican Tortilla Soup, Split Pea Soup, Peach Cheesecake, Quick Chocolate Nut Clusters, Hash Brown Casserole, Cranberry Oatmeal, Chocolate Mocha Bread Pudding, Italian Turkey Sausage Stew, Carrot Cake, Chicken Noodle Cream Soup, Shrimp Creole Casserole, Vitamin

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