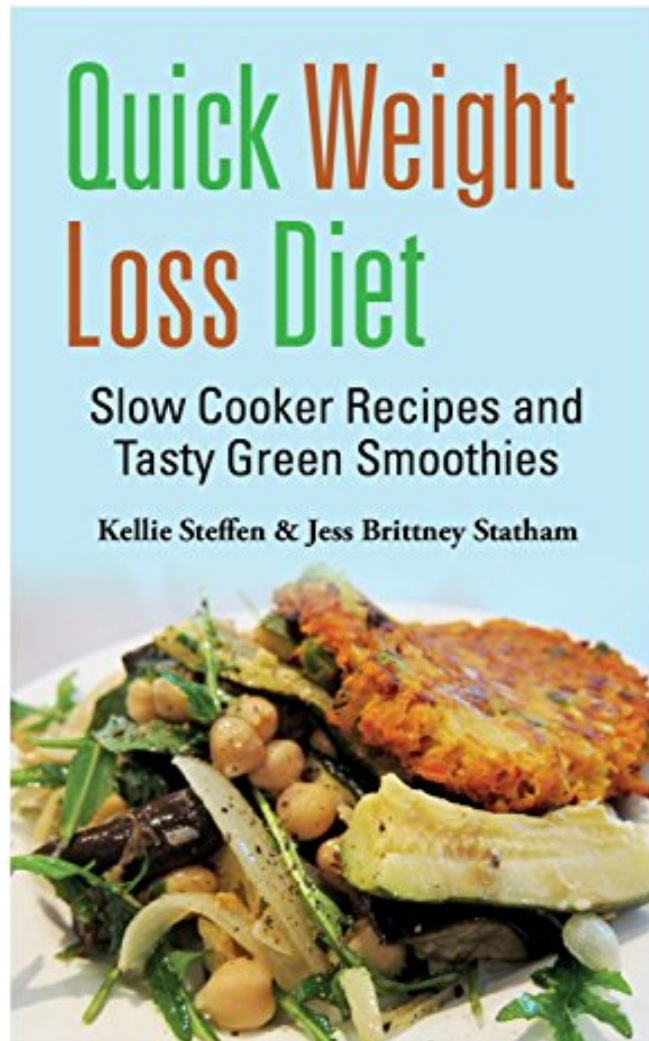


(Mobile book) Quick Weight Loss Diet: Slow Cooker Recipes and Tasty Green Smoothies

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

Kellie Steffen, Statha Jess

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Kellie Steffen, Statha Jess : Quick Weight Loss Diet: Slow Cooker Recipes and Tasty Green Smoothies before purchasing it in order to gage whether or not it would be worth my time, and all praised Quick Weight Loss Diet: Slow Cooker Recipes and Tasty Green Smoothies:

0 of 0 people found the following review helpful. Quick Weight Loss!By MayaThis book has a lot of great information about weight loss. The author discusses tips such as exercise, weaningoff junk food and processed food

for three weeks before starting a diet, thinking of it as a lifestyle change so that you do not go back to eating the same way and regaining the weight, and drinking lots of water. She also gives tips on finding and using the right crockpot and on slow cooker safety. Good things about using a crockpot include the taste and nutrients are better in a crockpot meal because they are cooked in their own juices and cook slowly. The crockpot saves on electricity and there is easy clean up. The author has included a lot of really great sounding recipes and the preparation is easy to understand. The green juice diet is discussed and made me look at the title of the book again. It says green smoothies, not green juices. However, if you are using the whole fruit and vegetable in the green juice you are actually making smoothies. A green juice diet is a cleansing diet and not to be entered into too quickly, on it you are basically fasting with only the green juices and water for meals and snacks. Juice is easier for the body to digest and absorb nutrients. She talks about green juice diet myths like them tasting nasty, expensive, juicers being expensive, all you get in them is veggies, and it is boring. She says these are all false and tells you why. The benefits of this diet are explained well such as you get a large amount of veggies fast and easy, then nutrients are concentrated because the foods are raw. This diet helps to cleanse and detox faster than cleansing diets and fasts. It is good for weight loss, and increases hydration. Lots of planning for this diet because of the toxins. Planning is well explained because it is very important. It is not a diet you should stay on for very long so start on a weekend or holiday when you will be able to rest, and deal with the side effects like dizziness and tiredness, get rid of the bad foods in the house so you are not tempted, have a support system so others know you are dieting and do not cause you to cheat, buy ingredients ahead of time so you do not have to go to the grocery store and buy more which again could tempt you and others. There are tips for this diet as the others. These include starting in the morning, drink several green juices a day, drink lots of water, herbal tea or green tea, avoid adding too many greens and more. There is a list of green foods and a list of non green foods you can use in these drinks and a 7 day juicing meal plan. Lots of recipes that look easy enough. No real accounting of calories or carbs is a negative. The book is well written and organized with a lot of important information. I received this book free in exchange for my honest review. 0 of 0 people found the following review helpful. Great slow cooker and smoothie recipes By tk1991 This book has many good recipes. I've recently discovered my slow cooker and how great it is to turn on and forget. I love the convenience of having the recipes downloaded on my phone and tablet, so I can search for certain recipes or ingredients. It gives you a good variety of recipes to choose from. Disclaimer: I received this item at a promotional discounted rate in exchange for my honest and unbiased review. I completed this review after taking the time to examine, use and/or test this product thoroughly so that I may give a well-informed review and an unbiased opinion. I am in no obligation to leave a positive review and I am not being paid to write a dishonest or biased review nor would I ever do that. I rely on reviews to make my decisions on almost every purchase I make on, so I want to provide an accurate description of my experience with the product in order to empower other shoppers to make informed decisions. 0 of 0 people found the following review helpful. Amazing recipes By Joshua Holden I downloaded this book onto my phone which frees me to get the simple healthy ingredients for these recipes, and have them nearby while preparing them. Super convenient! But I'm so enraptured by these tastes that I keep swiping my phone to whip up these comforting and satisfying flavors. This book is amazing for anyone who has a busy schedule, family, work, or anything going on and they can't prepare meals every night. I love being able to put my meals in the slow cooker and know when I get home there will be an amazing meal waiting. I received this product free or at a discount for my honest review and opinion.

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.

About the Author Co author of: "Quick Weight Loss Diet: Slow Cooker Recipes and Tasty Green Smoothies".