



Pressure Cooker and Slow Cooker Recipes Box Set: Healthy and Easy Low Carb Recipes for Atkins Diet (Pressure Cooker & Slow Cooker Recipes)

Julie Reck, Vicki Day

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Pressure Cooker and Slow Cooker Recipes Box Set (2 in 1)

Book one: Pressure Cooker for Beginners: Cookbook for Busy People with Quick, Simple & Delicious Recipes

Do you often wonder what it would be like to have a home-cooked, nutritious meal that didn't take you hours to cook?

If you're the average working person, you most likely come home every night either dreading cooking dinner or you pop something from the freezer into the microwave and call it nutritious. You've had a long day at work, forgot to put something in the slow cooker that morning, or you thought you'd have time and there was an emergency you had to attend to. So how do you get a nutritious meal that's homemade in under an hour, and has very little cleanup time?

Buy a pressure cooker!

Pressure cookers are not only for chefs on television or your average restaurant. They're now made smaller for home cooks who are just trying to make a meal that's going to hold its nutrition, color, flavor, and be made in seventy percent less time than a traditionally cooked meal.

In this book, you'll find information on:

- How to find the right pressure cooker.
- Tips and tricks for maintaining your pressure cooker.
- Recipes for breakfast, lunch and dinner!
- And some troubleshooting tips at the end as a bonus.

If you're always struggling to make dinner in the evening, pick up this book to find out more about how you can make healthier meals quicker with minimal cleanup by purchasing a pressure cooker!

Book two: The Atkins Slow Cooker Cookbook: 36 Atkins Diet-Approved Recipes to Try in Your Slow Cooker

The Atkins Diet has been around us for almost half a century now and, surprisingly or not, it is still one of the most common choices when it comes to adopting a healthier eating plan. At the same time, multiple controversial attitudes concerning the real safety degree of this diet have appeared, making Atkins's idea even more intriguing.

However, if there is one thing that we can all agree upon, that is the fact that there are thousands and thousands of persons who have numerous reasons to be grateful to Dr. Atkins.

But the Atkins Diet is not the easiest one to integrate in your lifestyle. With entire food categories almost completely excluded from your menu, it can be a problem to find the right recipes to keep you full and to satisfy or make you forget about your annoying food cravings.

And this is exactly what this book is going to help you with: it will introduce you to 36 healthy, delicious Atkins-friendly recipes for all the four phases of this diet. You will also find multiple recipes for your vegan or vegetarian menu. And that is not all: the book will present you a new way to see and taste your diet – through the incredible power that your slow cooker (or crock pot) brings to you.

Already curious?

Let's see what other interesting aspects this book will help you with:

- The origins of this diet
- How to accept this diet easier
- Useful information about your own slow cooker
- Which foods are recommended and which ones must be avoided
- How to prepare simple Atkins-friendly recipes with the help of your slow cooker
- Essential tips and tricks for an easier diet

These and many other useful pieces of information are presented in the inside chapters.

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Anita Pfeifer:

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Martina Smith:

Information is provisions for those to get better life, information today can get by anyone on everywhere. The information can be a information or any news even a problem. What people must be consider when those information which is in the former life are difficult to be find than now's taking seriously which one works to believe or which one the resource are convinced. If you have the unstable resource then you have it as your main information you will see huge disadvantage for you. All of those possibilities will not happen throughout you if you take Pressure Cooker and Slow Cooker Recipes Box Set: Healthy and Easy Low Carb Recipes for Atkins Diet (Pressure Cooker & Slow Cooker Recipes) as your daily resource information.

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Gary Campbell:

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examining especially. It is to be very first opinion for you to like to start a book and examine it. Beside that the book Pressure Cooker and Slow Cooker Recipes Box Set: Healthy and Easy Low Carb Recipes for Atkins Diet (Pressure Cooker & Slow Cooker Recipes) can to be your friend when you're truly feel alone and confuse in what must you're doing of these time.

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