



Healthy Cookbooks for Families: Clean Eating and Slow Cooker Recipes

Elicia Zahler, Tolman Celena

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Healthy Cookbooks For Families: Clean Eating and Slow Cooker Recipes The Healthy Cookbooks for Families features two sections that help create unique and delicious family meals, the first section is about slow cooker recipes, and the second section contains the clean eating diet plan. Both of these sections contains many recipes that are healthy and delicious and gives you enough of a variety to plan meals for a couple of weeks in advance. With today's busy lifestyles it is tougher to feed a family healthy nutritious meals on a convenient food diet. The recipes within this book contain healthy whole foods, fresh fruits and vegetables, whole grains and lean meats. The meals are delicious even the children will enjoy eating them. By having a recipe to follow, the preparation is easy.

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