



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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From reader reviews:

Michael Jackson:

Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite book and reading a guide. Beside you can solve your short lived problem; you can add your knowledge by the book entitled Pressure Cooker and Slow Cooker Recipes Box Set: Healthy and Easy Low Carb Recipes for Atkins Diet (Pressure Cooker & Slow Cooker Recipes). Try to make the book Pressure Cooker and Slow Cooker Recipes Box Set: Healthy and Easy Low Carb Recipes for Atkins Diet (Pressure Cooker & Slow Cooker Recipes) as your friend. It means that it can to become your friend when you feel alone and beside regarding course make you smarter than ever before. Yeah, it is very fortunate for yourself. The book makes you more confidence because you can know everything by the book. So , we should make new experience in addition to knowledge with this book.

Rene Moore:

In this era globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher this print many kinds of book. Often the book that recommended to you personally is Pressure Cooker and Slow Cooker Recipes Box Set: Healthy and Easy Low Carb Recipes for Atkins Diet (Pressure Cooker & Slow Cooker Recipes) this publication consist a lot of the information with the condition of this world now. This book was represented how can the world has grown up. The terminology styles that writer use to explain it is easy to understand. The particular writer made some exploration when he makes this book. That's why this book acceptable all of you.

Joel Barnhardt:

Is it you who having spare time after that spend it whole day simply by watching television programs or just resting on the bed? Do you need something totally new? This Pressure Cooker and Slow Cooker Recipes Box Set: Healthy and Easy Low Carb Recipes for Atkins Diet (Pressure Cooker & Slow Cooker Recipes) can be the solution, oh how comes? It's a book you know. You are so out of date, spending your free time by reading in this brand-new era is common not a nerd activity. So what these publications have than the others?

Mae Bushee:

As a student exactly feel bored to reading. If their teacher expected them to go to the library or even make summary for some reserve, they are complained. Just minor students that has reading's internal or real their hobby. They just do what the educator want, like asked to go to the library. They go to right now there but nothing reading really. Any students feel that reading is not important, boring along with can't see colorful pictures on there. Yeah, it is to get complicated. Book is very important for you personally. As we know that

on this era, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore , this Pressure Cooker and Slow Cooker Recipes Box Set: Healthy and Easy Low Carb Recipes for Atkins Diet (Pressure Cooker & Slow Cooker Recipes) can make you feel more interested to read.

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