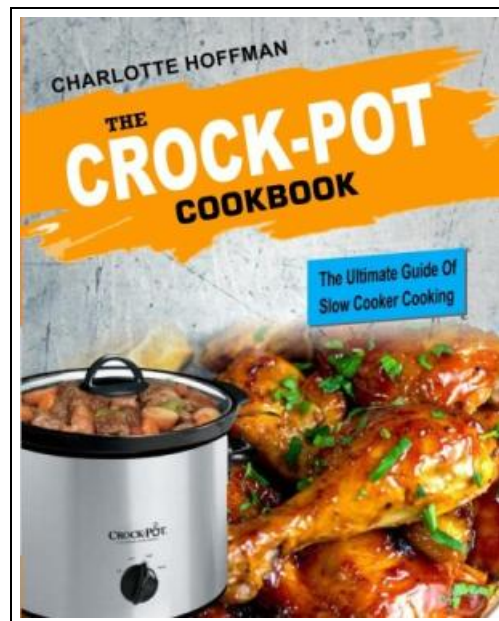


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you a busy or a lazy man? Are you not familiar with cooking? Do you often have no time to cook foods? Have you already been fed up with cooking everyday?If your answer is yes for any one of these questions, then this book is for you! Cooking with a crock-pot is speedy, simple and healthy. In using the crock-pot, everything is often simplified. You can insert the ingredients together in minutes, leave the house, and come back home in a few hours time to a fully prepared meal. Life couldn t be more easier. 1. You no need to master a wide range of cooking skills, learn a variety of techniques. 2. You need only a chopping board, knife, some measuring tools, and your crock-pot.3. You no need to worry if you can cooking, as your crock-pot will do all the work for you.4. You no need to worry about putting too much time into it. In this book, you will also learn: 1. How to pick a crock-pot that is right for you2. How to use your crock-pot3. How to adapt to a new healthy lifestyle 4. What to cook on different occasions All the recipes in this book are detailed with the cooking processes, preparation time, allergy warnings, and their suitable diets, making it needless of worrying about being rational at calculating calories in ingredients when you make meals. In addition to that, it comes with an astute lucid sample meal plan, based on the recipes in this book, with meals that are healthy, wholesome, suitable for a wide range of diets and most importantly, abrupt and apparent. We believe you will get all the benefits from this...

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