



Mediterranean Diet: Over 100 Delicious Slow Cooker Mediterranean Diet Recipes - The Essential Slow Cooker Mediterranean Diet Cookbook

Alberto Benetti

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Do you want delicious easy to make Mediterranean Diet slow cooker recipes that the whole family can enjoy? Do you want to be able to make healthy Mediterranean Diet meals but don't want to spend all day in the kitchen?

This book could be the answer you're looking for...

Mediterranean Diet: Over 100 Delicious Slow Cooker Mediterranean Diet Recipes

The American people are living just minutes away from dealing with a heart attack and other heart conditions. They spend most of their time eating out, cooking frozen meals, and just avoiding their exercise while dealing with a whole bunch of stress. All of this adds up to the perfect recipe for disaster. It is time to make a change, and not just with meal choices, but also with your whole lifestyle.

The Mediterranean diet is the perfect choice to get in better health overall. Whether you are trying to lose weight, prevent diabetes, work on your heart health, or reduce your stress, the Mediterranean diet is the perfect option for you. In fact, studies have consistently shown that this is one of the best diets for helping your heart health, working even better than the American Heart Associations recommendations.

This book is designed to empower you by providing quick and easy one-skillet recipes that can usually be made in less time than a TV episode!

With The Essential Slow Cooker Mediterranean Diet Cookbook you'll learn...

- Detailed Macro and Micro Nutritional Information For Each Recipe
- Cooking And Preparation Times To Find The Quickest And Easiest Recipes
- Over 100 Recipes In Easy to Find Categories: Chicken, Pork, Beef, Lamb, Pastas, Seafood and Vegetarian Dishes
- A Straight Forward Explanation about the Mediterranean Diet
- The Benefits Of One Slow Cooker and Slow Cooking Tips

Learn How To Make These Delicious Recipes:

- Chicken with Plum Tomatoes, Kalamata Olives, and Capers
- Butternut Squash Chicken with Couscous
- Italian-Inspired Spare Ribs
- Chicken Stew with Artichoke Hearts, Olives, and Couscous
- Beef Stew with Balsamic Vinegar and Rosemary
- Greek-Inspired Beef Bites
- Moroccan-Inspired Lamb Stew
- Lamb Shanks with Zucchini and Eggplants
- Crustless Quiche
- Cannellini and Kale Stew with Farro
- Shrimp with Feta and Tomato

- Cod, Mussels, and Cod Seafood Stew
- Beef Pasta with Zucchini, Tomato, and Carrots
- Mediterranean Minestrone
- And much, much more!

Get started on making delicious Mediterranean Diet slow cooker recipes and get your copy today!

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