



The Skinny 5: 2 Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories

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Imagine a diet where you can eat whatever you want for 5 days a week and fast for 2.

That's what the 5:2 diet is and it's revolutionised the way people think about dieting.

The Skinny 5:2 Diet Slow Cooker Recipe Book is packed with advice, info, slow cooker recipes and snack inspiration ideas to get you started and keep you on track.

As bestselling Amazon authors of '**The Skinny Slow Cooker Recipe Book**' range we noticed lots of 5:2 followers were buying our books, so we decided to put our existing recipes, along with some new ones, into easy to use menu planners to support your 5:2 efforts.

With 36 daily meal planners this book has everything you need to get you through, and with family friendly recipes and suggestions you can still feed your family as well as yourself even on your fasting days.

Slow cooker recipes include:

Perfect Pulled Pork

Sweet Asian Chicken

Chili Con Carne

Wild Mushroom Stroganoff (v)

Italian Meatballs

Budapest's Best Beef Goulash

Enchilada El Salvador

Sweet & Sour Pineapple Pork

Sweet & Citrus Salmon

Best Ever Chicken Curry

Hand To Mouth Tex Mex Tacos (v)

Tuna & Noodle Cattia

Luscious Italian Chicken

Lean Green Risotto (v)

Green Thai Fish Curry

Slow Spanish Tombet (v)

Zingy Lime Chicken

Shepherd-less Pie (v)

Lovely Lemony Garlicky Chicken

Slow Cooked Corn On The Cob (v)

St Patrick's Day Soup (v)

Corn & Potato Chowder (v)

Super Simple Chicken Taco Soup

Hock Ham & Split Pea Soup

Asian Hot Soup (v)
Zucchini Soup (v)
Barley & Chestnut Mushroom Soup (v)
Bean, Rosemary & Roasted Garlic Dip (v)
Nacho, Bean & Onion Dip (v)
Multigrain Breakfast (v)
Morning Millet (v)

Look out for our new men's 5:2 title: MANFOOD: 5:2 Fast Diet Meals For Men: Simple & Delicious, Fuss Free, Fast Day Recipes For Men Under 200, 300, 400 & 500 Calories.

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From reader reviews:

Daniel Hartung:

Precisely why? Because this The Skinny 5: 2 Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories is an unordinary book that the inside of the publication waiting for you to snap that but latter it will zap you with the secret it inside. Reading this book alongside it was fantastic author who all write the book in such awesome way makes the content within easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of advantages than the other book have such as help improving your talent and your critical thinking technique. So , still want to hold off having that book? If I were you I will go to the publication store hurriedly.

Margaret Holt:

Reading can called imagination hangout, why? Because while you are reading a book particularly book entitled The Skinny 5: 2 Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories your head will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely might be your mind friends. Imaging every word written in a publication then become one application form conclusion and explanation in which maybe you never get just before. The The Skinny 5: 2 Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories giving you yet another experience more than blown away your mind but also giving you useful information for your better life with this era. So now let us show you the relaxing pattern is your body and mind will probably be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary spending spare time activity?

Andre Smith:

The Skinny 5: 2 Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories can be one of your nice books that are good idea. We all recommend that straight away because this reserve has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to place every word into enjoyment arrangement in writing The Skinny 5: 2 Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories however doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource information that maybe you can be among it. This great information can drawn you into brand new stage of crucial considering.

Jennifer Jackson:

Are you kind of active person, only have 10 or perhaps 15 minute in your moment to upgrading your mind expertise or thinking skill even analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your short space of time to read it because all this time you only find reserve

that need more time to be study. The Skinny 5: 2 Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories can be your answer since it can be read by an individual who have those short spare time problems.

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