Meal Prep - Slow Cooker 10: Meal Prep Guide - High Protein Recipes (Paperback)

By Beran Petra

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Meal Prepping is becoming more popular in this day and age. With the hectic schedules we put on ourselves these days, finding time to cook healthy choice meals each and every day, is becoming harder, and harder to do. So jump aboard the meal prep trend, and start cooking your meals in advance! This book is dedicated to higher protein recipes. Take a look at whats inside. Meal Prepping 101 What you ll need: Step 1: Figure out What Everyone Wants to Eat! Step 2: Create the Grocery List Step 3: Know the Fridge and Shelf Life of Your Groceries Step 4: The Actual Task of Preparing your Meals Breakfast: Lunch: Dinner: Conclusion: Slow Cooker Recipes! Fiberous Beef Tacos Beef Biryani Slow Meatloaf Ground Sirloin Lamb with Fresh Tomatoes Beanie Pie Lamb Indian Style Lamb Stew Lean Lamb Chops Chicken Thighs German Sausage with Sauerkraut Artichoke Chicken Thai Chicken Apricot Chicken with Wild Rice Soup Asian Sweet Chicken Chili Vegetable Chicken Stew Mexican Chicken Moroccan Chicken Lemon and Apricot Chicken Protein Pesto Chicken with Mushrooms Kalamata Chicken Basil, Spinach, and Feta...

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