

# **Download Slow Cook Yourself Skinny Low Fat Low Calorie Slow Cooker Meals Book 1**

Use features like bookmarks, note taking and highlighting while reading Slow-Cook Yourself Skinny (Low Fat, Low Calorie Slow Cooker Meals Book 1). Slow-Cook Yourself Skinny (Low Fat, Low Calorie Slow Cooker Meals Book 1) - Kindle edition by Sara Winlet. For example, the slow cooker is a great way to get a meal on the table without spending all day cooking. Then, all you need to do is look for some great slow cooker recipes under 299 calories to keep you on track with hitting your weight-loss goals. Rosemary Chicken only has 11 grams fat per serving and not the 13 the recipe state. But I ask you, why do you need 1/2 cup (1 stick) butter for low fat, boneless skinless chicken breast in a cook book that says "Slow Cook Yourself Skinny" and then has you cook this chicken for 8 hours in butter and chicken broth? Everything You Need to Slow Cook Yourself Slim + Smart Start Your Weight Loss Bundled Together for One Low Price! A Savings of Nearly 70%! The secret for balancing a love of food and desire to be slim all starts in the kitchen with easy, healthy recipes to make cooking a breeze and continues with a 28-Day eCourse/eBook to help you firmly plant yourself on the path to lasting weight loss success!