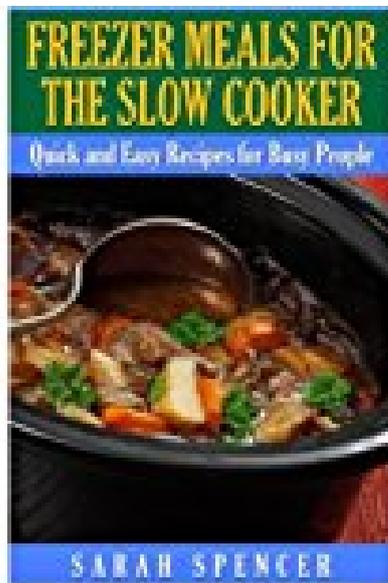


# Freezer Meals for the Slow Cooker

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## BOOK DETAILS

- Author : Sarah Spencer
- Pages : 118 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1507832222

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## BOOK SYNOPSIS

This cookbook is full of Slow Cooker Freezer Recipes that you chop, assemble and freeze. Then the day you want to cook it, you just dump it in your slowcooker. Fill your freezer in two hours or less. What I do is the combination of the easiest type of freezer cooking, which is meals that only require assembly and no cooking on your actual cooking day by using the slow cooker, which allows you to walk away and mostly forget about it until its time to eat. So in a couple of hours, you can prepare a months worth of meals and fill your freezer with real food meals. My book also covers why these recipes are healthy and what exactly healthy really means. Over the past ten years, I have tried every healthy fad out there from veganism to Weight Watchers to lose weight and become truly healthy. When I read Nourishing Traditions, I felt like I was home. My book is heavily influenced by the Weston A. Price Foundation and Nourishing Traditions. In my book, you will learn very basic intro information about how to transition your way of cooking into a Real Food one. My recipes are 99% grain free, gluten free and dairy free. So, not only do I hope these recipes make you healthier, feel better and lose weight, I hope you enjoy the amount of time it will save you in your life! If it werent for these meals I dont know how I would get healthy dinners to the table every night.

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