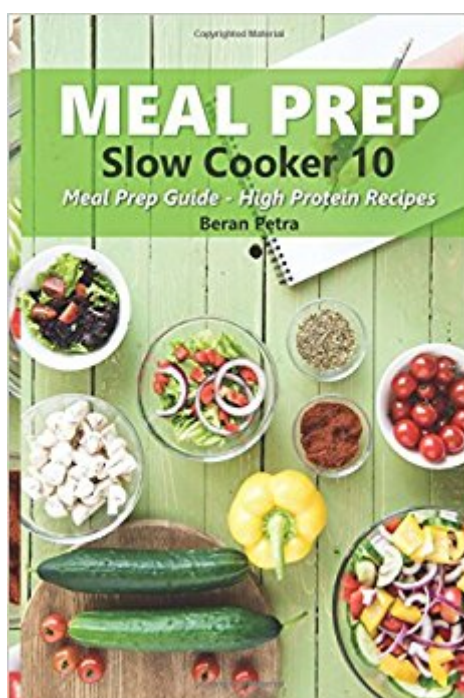


The book was found

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



Synopsis

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! Fibrous Beef Tacos Beef Biryani Slow Meatloaf Ground Sirloin Lamb with Fresh Tomatoes Bean 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 Stuffed Chicken Rolls with Pignoli Tender Turkey Drums Cocoa Chicken Mole Jamaican Jerked Turkey Tropical Turkey Turkey with Fruit Cranberry Sauce Green Stuffed Peppers Taco Salad Sweet Potato and Split Pea Soup Sweet Potato Apple Soup Pepper Pineapple Chili Minestrone Green Curried Tofu Caribbean Black Bean Soup Seeded and Stuffed Squash Liver Root and Cabbage Stew 3-Pepper and Bean Chili White Italian Bean Soup Piquant Hot Cannellini and Tuna Stew Tangy Tomato Salmon Patties and Pineapple with Miso Lemon Garlic Tilapia and Roasted Shiitakes Dilled Salmon Dijon Vegetable Broth Pork Stock Beef Bone Broth Fennel-Garlic Chicken Stock Moroccan-spiced Butternut Squash Extra recipes! Blueberry Chia Cherry Smoothie Apple Beet Smoothie Choco Cherry Smoothie Melon Mint Smoothie Zinger Ginger Honeydew Smoothie Guava Smoothie Cranberry Banana Smoothie Apricot Berries Smoothie Pear Blueberry Smoothie Celery Cucumber Smoothie Carrot Celery Ginger Smoothie Turmeric Pineapple Smoothie Lemon-Almond Crusted Fish and Spinach Chilled Habanero and Bell Pepper Soup Rosemary Pecan Baked Tilapia Stuffed Red Peppers Sweet Potato and Roasted Peppers Soup Herbed Lemon Salmon and Zucchini Spicy Burgers Curried Squash and Red Lentil Chicken and Kale Caesar Salad Wrap Spiced Carrot Ginger Soup Pan Seared Salmon with Baby Arugula Spinach, Goat Cheese and Bell Pepper Salad Gumbo Meatloaf and Veggies Cashew Orange Chicken Herbed Orange Chicken Snow Peas and Oriental Turkey Baked Overstuffed Portobello Mushroom Papered Fish Peking Shrimp Poached Flounder Vegetables with Pesto Sole Tuscan Pork Pork Fillet and Fennel Pork Medallion with Blueberries and Pears Apple Compote and Pork Chicken Parmesan and Squash Rosemary Chicken Enjoy!

Book Information

Series: Meal Prep

Paperback: 134 pages

Publisher: CreateSpace Independent Publishing Platform (August 1, 2017)

Language: English

ISBN-10: 1974096416

ISBN-13: 978-1974096411

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,029,395 in Books (See Top 100 in Books) #50 in [Books > Cookbooks, Food & Wine > Regional & International > European > Turkish](#) #247 in [Books > Cookbooks, Food & Wine > Special Diet > High Protein](#) #1135 in [Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking](#)

Customer Reviews

I wont get bored cooking and eating all the really good recipes to choose from in this series. There is a nice variety in here and really nice extra smoothies and other yummy extras including fish recipes

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