



# Vegetarian Slow Cooker Made Easy: 75 Delicious Healthy Recipes To Help Lose Weight

*Jen Smith*

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**Vegetarian Slow Cooker Made Easy: 75 Delicious Healthy Recipes To Help Lose Weight** Jen Smith  
75 Amazing Slow Cooker Recipes For Anyone Who Wants to Save time Meat isn't for everyone, if it isn't for you, perhaps the vegetarian lifestyle is the way for you. There are many benefits to a vegetarian diet such as; improving the digestive function, increasing overall metabolic utility, and optimizing cardiovascular health as well. This book will tell you teach you how to understand the vegetarian diet, the benefits, and ways to get started in this diet. I have delicious recipes for every meal and every occasion in the day. I have amazing slow cooker breakfast recipes perfect to start your day, as well as great appetizer recipes that will amaze your friends. Included are lunch recipes to keep you energized and feeling great through out the day and perfectly delicious dinner recipes to end your day. Slow cookers are a perfect way to save time and energy when cooking while keeping your food tasting great. Included recipes: -French Toast Casserole with Streusel Topping -Spinach and Mozzarella Frittata -Chickpea Curry -The BEST Vegetarian Chili ever -Thai Red Curry -Tofu Tikka Masala and 69 More Mouth Watering and Super Easy Recipes included in the book. Buy now for the rest of the recipes, you won't be sorry you went Vegetarian!

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