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Rebecca Herbertson

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Abandon Your Ordinary Dinner Plans and Slow-Cook a Gluten Free Crock Pot Dinner Tonight!

This book contains steps and strategies on how to save time and money by preparing and serving gluten free slow cooker meals for your family. It will show you that preparing healthy, sumptuous meals need not eat a lot of your time. Even with a busy schedule, you'll be free of worries knowing that the family will be coming home with a hot, healthy, and gluten free dinner just waiting to be served. The book also contains useful tips on how to adapt practically any menu for the slow cooker. The most logical step to go gluten free is to prepare your gluten free meals yourself. Not only can you choose all the food ingredients that will go into every meal, you can also prepare meals ahead of time in larger batches and freezing a portion for future dining. Don't worry about having a busy schedule. If you haven't heard it yet, they've already invented the slow cooker. With a slow cooker, you can slow cook your way to a healthy lifestyle. You can simply dump all the pre-prepared ingredients of your gluten free recipe into the slow cooker in the morning before you go to work. Set and forget. When you and your family come home at the end of the day, you'll be coming home to a hot, healthy, and sumptuous dinner.

Here Is A Preview Of What You'll Learn...

- The Truth about Gluten Free Diets
- Is Gluten Free Good for Everyone?
- Slow Cooking Your Way to Great Health
- Slow Cooker Tips – What You Need to Know
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- Much, much more!

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Jillian Harrington:

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