



# **The Skinny 5: 2 Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories**

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Imagine a diet where you can eat whatever you want for 5 days a week and fast for 2.

That's what the 5:2 diet is and it's revolutionised the way people think about dieting.

The Skinny 5:2 Diet Slow Cooker Recipe Book is packed with advice, info, slow cooker recipes and snack inspiration ideas to get you started and keep you on track.

As bestselling Amazon authors of '**The Skinny Slow Cooker Recipe Book**' range we noticed lots of 5:2 followers were buying our books, so we decided to put our existing recipes, along with some new ones, into easy to use menu planners to support your 5:2 efforts.

With 36 daily meal planners this book has everything you need to get you through, and with family friendly recipes and suggestions you can still feed your family as well as yourself even on your fasting days.

Slow cooker recipes include:

Perfect Pulled Pork

Sweet Asian Chicken

Chili Con Carne

Wild Mushroom Stroganoff (v)

Italian Meatballs

Budapest's Best Beef Goulash

Enchilada El Salvador

Sweet & Sour Pineapple Pork

Sweet & Citrus Salmon

Best Ever Chicken Curry

Hand To Mouth Tex Mex Tacos (v)

Tuna & Noodle Cattia

Luscious Italian Chicken

Lean Green Risotto (v)

Green Thai Fish Curry

Slow Spanish Tombet (v)

Zingy Lime Chicken

Shepherd-less Pie (v)

Lovely Lemony Garlicky Chicken

Slow Cooked Corn On The Cob (v)

St Patrick's Day Soup (v)

Corn & Potato Chowder (v)

Super Simple Chicken Taco Soup

Hock Ham & Split Pea Soup

Asian Hot Soup (v)  
Zucchini Soup (v)  
Barley & Chestnut Mushroom Soup (v)  
Bean, Rosemary & Roasted Garlic Dip (v)  
Nacho, Bean & Onion Dip (v)  
Multigrain Breakfast (v)  
Morning Millet (v)

**Look out for our new men's 5:2 title: MANFOOD: 5:2 Fast Diet Meals For Men: Simple & Delicious, Fuss Free, Fast Day Recipes For Men Under 200, 300, 400 & 500 Calories.**

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Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or all their friends. Usually they performing activity like watching television, gonna beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled The Skinny 5: 2 Slow Cooker Recipe Book: Skinny Slow Cooker Recipe and Menu Ideas Under 100, 200, 300 and 400 Calories can be great book to read. May be it is usually best activity to you.

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