

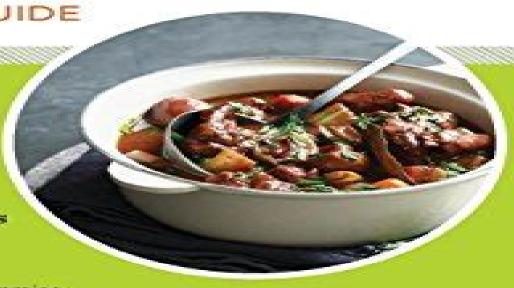
HEALTHY SLOW COKING

A VERY QUICK GUIDE

- Essential Tips
 & Techniques for Slow Cooking
- Top Ingredients for Healthy Slow Cooking
- 21 Healthy & Delicious Slow Cooker Recipes

LINDA LARSEN

author of Eating Clean for Dummies



All About Healthy Slow Cooking A Very Quick Guide

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Low Carb Cookbook For Dummies includes A complete nutritional analysis for each recipe so you can t go wrong Lots of recipes for dishes with 5 carbs or less Recipes that de carb no nos like Southern fried chicken and Philly cheese steak sandwiches Recipes for soups seafood and meat dishes including pork chops lamb and steaks with a steak chart so you can chart a low carb course Recipes for great desserts including chocolate specialties and cheesecake Vegetarian recipes and crock pot specialties Terrific wrap recipes using lettuce tortillas or crepes Guidelines for eating low carb when you re dining out or brown bagging it Author Jan McCracken a health advocate and low carber for more than ten years has written two low carb cookbooks and is a contributor to numerous low carb publications Having fallen off the low carb wagon several times herself she alerts you to things that can sabotage your success and clues you in on carb counting and techniques that have worked for her You ll get started right with Mini courses on low carb math and on low carb nutritition and the glycemic index A shopping list for stocking a low carb kitchen The scoop on different kinds of carbs and artificial sweeteners Tips on using spices creatively for variety and flavor Advice on incorporating exercise including taking the first step and lots more steps with a pedometer Tips for reducing stress a common cause of bingeing With this information you won t be mystified With the fantastic recipes you won t feel deprived You will be inspired to stick to a low carb lifestyle one that can help you lose weight and feel healthier Mushroom Farming In Small Places: A Beginner's Guide To Growing Homemade Mushrooms At Home Theodore Shroom, 2025-09-15 Grow Gourmet Mushrooms at Home No Farm or Experience Needed Tired of bland store bought mushrooms Imagine harvesting your own gourmet oysters shiitakes and lion s mane right from your apartment balcony or basement In Mushroom Farming in Small Spaces Theodore Shroom a k a your fungi obsessed friend breaks down everything you need to start growing mushrooms cheaply easily and sustainably No fancy equipment or green thumb required Here's What You ll Learn Best mushroom varieties for beginners and which to avoid Step by step setups using buckets jars or bags with photos Low cost DIY solutions repurpose household items instead of buying expensive kits Troubleshooting tips for mold slow growth and other common issues How to preserve and cook your harvest includes 3 simple recipes Perfect for Urban gardeners with no yard Preppers and homesteaders Foodies who want hyper local ingredients Side hustlers exploring small scale mushroom sales Why This Book Most mushroom guides assume you have a forest or lab This one's designed for real people with limited space just clear instructions zero fluff and a dash of Theodore's quirky humor Get your copy today and turn that unused closet corner into a thriving mushroom farm

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