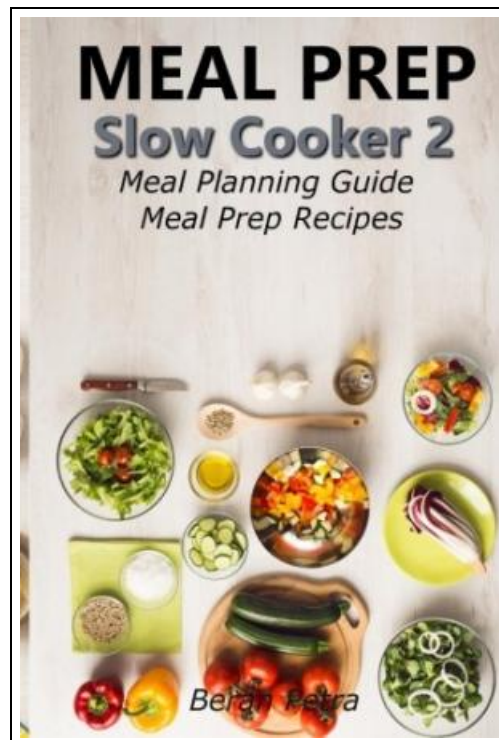


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Meal Prepping is becoming more popular in this day and age. With the hectic schedules we put on ourselves these days, finding time to cook healthy choice meals each and every day, is becoming harder, and harder to do. This is why meal prepping is such a great way to keep eating healthy! This meal prepping guide, comes with a lot of delicious slow cooker recipes, that you can add to your recipe book shelf for years to come. Check out what is 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: Delicious Slow Cooker Recipes! Crock Egg and Nut Bread Honey Glazed Shrimp Squashy Almond Honey Chick Dips Apple Pepper Wally Cinnamon Pumpkin Soup Sweet Cabbage Immune Booster Soup Dessert Brownies Squash, Broccoli, and Cauliflower Mash Spicy Sausage, Basil and Eggs Spiced Chicken Kabobs Fiery Beef, Asparagus, and Sprouts Butternut Squash and Sausage in Mushroom Gravy Jambalaya Beefy Spinach and Kale Crocky Stew Marinated Roast and Sweet Onions Bacon Bitties Eggplant Lasagna Ginger Casserole Bell Pepper Pork Boats Spicy Stuffed Peppers Zucchini and Mushroom Veggie Pasta and Mushroom and Olive Ragu Butternut Chili Chilly Collard Green Curry Noodless Spaghetti Soup Squashy Casserole Rich and Velvety Tomato Soup Spicy Cabbage and Onions Caramelized Onions Pumpkin Spice Applesauce Pomegranate Mint Applesauce Thyme Roast Slow Cooked Mac Enchiladas Gulf Coast Seafood Delight Spicy Autumn Stew Cucumber Pasta and Strawberries Pumpkin Soup Spiced Pineapple and Pork Chicken Nuggety Tangy Mango Sauce Slow Tacos Pork Tenders...


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