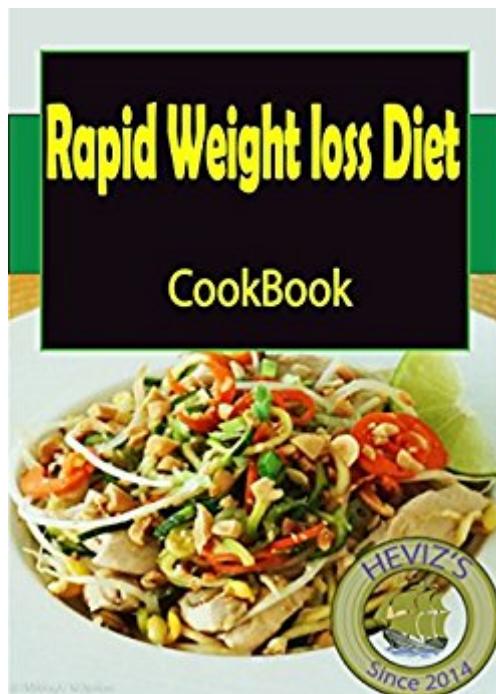


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# Rapid Weight Loss Diet: 101. Delicious, Nutritious, Low Budget, Mouthwatering Rapid Weight Loss Diet Cookbook



## Synopsis

Table of Content: ¢Sweetly Spiced Granola ¢Slow Cooker Cream of Chicken and Rice Soup ¢Slow Cooker Broccoli, Brown Rice, and Cheddar Casserole ¢Root Vegetable Salad with Sweet Potato Crunchies ¢Tropical Fruit Salsa ¢Super foods Smoothie ¢Gluten-Free Blueberry Pancakes ¢Avocado and Poached Egg Sandwich ¢Sriracha Deviled Eggs ¢Avocado & Egg Protein Wrap ¢Spinach Quiche with Sun-Dried Tomatoes ¢Egg and Toast Breakfast Cups ¢Parmesan & Red Pepper Mini Frittatas ¢Avocado Egg Bake ¢Poached Eggs with Wilted Spinach on Toast ¢No-Crust Zucchini Quiche ¢Fried Eggs with Mushrooms & Brussels Sprouts ¢Broccoli and Egg Cheese Bake ¢Slow Cooker Breakfast Casserole ¢Over Easy Eggs with Spinach and Creamed Feta ¢Open Face Scrambled Eggs and Avocado Toast ¢Spinach and Artichoke Quiche Cups ¢Protein Salmon and Eggs on Toast ¢Avocado Egg Salad Sandwich ¢Egg and Avocado Toast ¢Cuban Rice and Eggs Dinner ¢Slow Cooker Vegetable Omelets ¢Asparagus and Pine Nut Frittata ¢Protein Egg & Tomato on Toast ¢Spaghetti Frittata ¢Roasted Sweet Potatoes, Poached Eggs, & Avocado ¢Asparagus Frittata with Herb Blossoms ¢Salmon and Sun-Dried Tomato Frittata ¢Creamy Holiday Eggnog ¢Crustless Vegetable Quiche ¢Individual Egg & Spinach Bowls ¢Crustless Asparagus Quiche ¢Pita Pocket Breakfast Sandwich ¢Slow Cooker Spinach and Mozzarella Frittata ¢Cinnamon Apple Breakfast Quinoa ¢Garbanzo Curry Burgers ¢Clean Eating Almond Butter and Jelly ¢No-Bake Almond Cranberry Energy Balls ¢Avocado Breakfast Toast ¢Vegan Avocado Spinach Smoothie ¢Vanilla Quinoa and Roasted Blueberry Breakfast Bowl ¢Clean Eating Blueberry Jam ¢Slow Cooker Chicken Chili ¢Spicy Chili with Fire-Roasted Tomatoes ¢Fried Rice with Cabbage ¢Broccoli & Sun-Dried Tomatoes ¢Green Tea Mango Smoothie ¢Orange-Pomegranate Green Tea ¢Low Calorie White Bean Kale Soup ¢Slow Cooker Cheesy Spinach Lasagna ¢Crockpot Chickpea Veggie Soup ¢Slow Cooker Hearty Vegetable and Bean Soup ¢Black Bean Mushroom Burgers ¢Slow Cooker Sweet Potato Oatmeal ¢Clean Eating Refrigerator Oatmeal ¢Garden Salad with Lemon & Oil Dressing ¢Slow Cooker Home-style Potatoes with Garlic and Rosemary ¢Pistachio Crusted Baked White Fish Fillet ¢Herbed Couscous with Arugula and Pistachios ¢Quinoa & Shrimp Paella ¢One-Pot Southwestern Quinoa Bake ¢Pan Seared Salmon with Roasted Vegetables ¢Herbed Salmon with Broccoli Bulgur Pilaf ¢Salmon-Lentil Patties ¢Mediterranean Tuna Salad ¢Tuna Casserole ¢Protein Bean Salad with Tuna and Onions ¢Slow Cooker Everything Chicken ¢Clean Eating Chicken Salad ¢Slow Cooker Turkey Sloppy Joes ¢Spicy Grilled Tofu with Szechuan Vegetables ¢Blueberry Banana Smoothie ¢Lemon Ginger Detox Drink ¢Orange-Pomegranate Green Tea ¢Green Tea

Kiwi-Berry Smoothieâ ¢Quinoa Breakfast Cerealâ ¢Crustless Asparagus Quicheâ ¢Skinny Breakfast Sausageâ ¢Green Tea Kiwi-Berry Smoothieâ ¢Pita Pocket Breakfast Sandwichâ ¢Cool Down Hibiscus Iced Teaâ ¢Peanut Butter and Honey Oat Barsâ ¢Banana Oat Pancakes with Apricot Compoteâ ¢Slow Cooker Savory Mexican Oatsâ ¢Slow Cooker Creamy Almond Oatmealâ ¢Oatmeal Blueberry Protein Pancakesâ ¢Slow Cooker Apple Cinnamon Oatmealâ ¢Southwestern Black Bean Saladâ ¢Grilled Eggplant & Zucchini Saladâ ¢Herbed Salmon with Broccoli Bulgur Pilafâ ¢Smoked Salmon, Feta and Avocado Saladâ ¢Easy Pasta Salad with Cucumbers & Tomatoesâ ¢Tuna Casseroleâ ¢JalapeÃ o Lime Tuna Salad

## **Book Information**

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