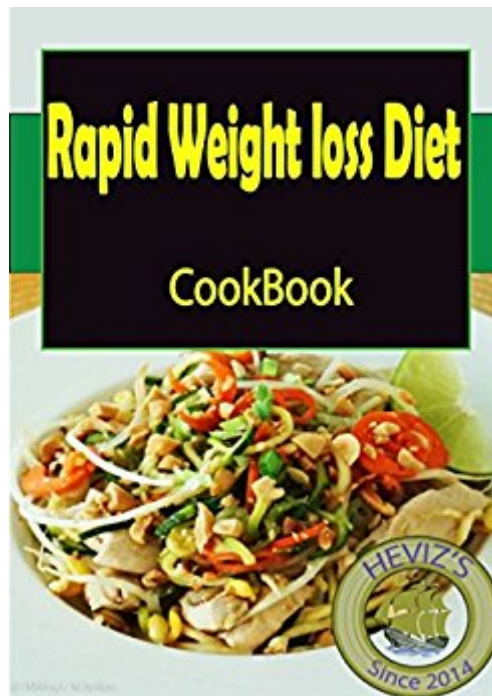


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# **Rapid Weight Loss Diet: 101. Delicious, Nutritious, Low Budget, Mouthwatering Rapid Weight Loss Diet Cookbook**



## Synopsis

Table of Content:â ¢Sweetly Spiced Granolaâ ¢Slow Cooker Cream of Chicken and Rice Soupâ ¢Slow Cooker Broccoli, Brown Rice, and Cheddar Casseroleâ ¢Root Vegetable Salad with Sweet Potato Crunchiesâ ¢Tropical Fruit Salsaâ ¢Super foods Smoothieâ ¢Gluten-Free Blueberry Pancakesâ ¢Avocado and Poached Egg Sandwichâ ¢Sriracha Deviled Eggsâ ¢Avocado & Egg Protein Wrapâ ¢Spinach Quiche with Sun-Dried Tomatoesâ ¢Egg and Toast Breakfast Cupsâ ¢Parmesan & Red Pepper Mini Frittatasâ ¢Avocado Egg Bakeâ ¢Poached Eggs with Wilted Spinach on Toastâ ¢No-Crust Zucchini Quicheâ ¢Fried Eggs with Mushrooms & Brussels Sproutsâ ¢Broccoli and Egg Cheese Bakeâ ¢Slow Cooker Breakfast Casseroleâ ¢Over Easy Eggs with Spinach and Creamed Fetaâ ¢Open Face Scrambled Eggs and Avocado Toastâ ¢Spinach and Artichoke Quiche Cupsâ ¢Protein Salmon and Eggs on Toastâ ¢Avocado Egg Salad Sandwichâ ¢Egg and Avocado Toastâ ¢Cuban Rice and Eggs Dinnerâ ¢Slow Cooker Vegetable Omeletsâ ¢Asparagus and Pine Nut Frittataâ ¢Protein Egg & Tomato on Toastâ ¢Spaghetti Frittataâ ¢Roasted Sweet Potatoes, Poached Eggs, & Avocadoâ ¢Asparagus Frittata with Herb Blossomsâ ¢Salmon and Sun-Dried Tomato Frittataâ ¢Creamy Holiday Eggnogâ ¢Crustless Vegetable Quicheâ ¢Individual Egg & Spinach Bowlsâ ¢Crustless Asparagus Quicheâ ¢Pita Pocket Breakfast Sandwichâ ¢Slow Cooker Spinach and Mozzarella Frittataâ ¢Cinnamon Apple Breakfast Quinoaâ ¢Garbanzo Curry Burgersâ ¢Clean Eating Almond Butter and Jellyâ ¢No-Bake Almond Cranberry Energy Ballsâ ¢Avocado Breakfast Toastâ ¢Vegan Avocado Spinach Smoothieâ ¢Vanilla Quinoa and Roasted Blueberry Breakfast Bowlâ ¢Clean Eating Blueberry Jamâ ¢Slow Cooker Chicken Chiliâ ¢Spicy Chili with Fire-Roasted Tomatoesâ ¢Fried Rice with Cabbageâ ¢Broccoli & Sun-Dried Tomatoesâ ¢Green Tea Mango Smoothieâ ¢Orange-Pomegranate Green Teaâ ¢Low Calorie White Bean Kale Soupâ ¢Slow Cooker Cheesy Spinach Lasagnaâ ¢Crockpot Chickpea Veggie Soupâ ¢Slow Cooker Hearty Vegetable and Bean Soupâ ¢Black Bean Mushroom Burgersâ ¢Slow Cooker Sweet Potato Oatmealâ ¢Clean Eating Refrigerator Oatmealâ ¢Garden Salad with Lemon & Oil Dressingâ ¢Slow Cooker Home-style Potatoes with Garlic and Rosemaryâ ¢Pistachio Crusted Baked White Fish Filletâ ¢Herbed Couscous with Arugula and Pistachiosâ ¢Quinoa & Shrimp Paellaâ ¢One-Pot Southwestern Quinoa Bakeâ ¢Pan Seared Salmon with Roasted Vegetablesâ ¢Herbed Salmon with Broccoli Bulgur Pilafâ ¢Salmon-Lentil Pattiesâ ¢Mediterranean Tuna Saladâ ¢Tuna Casseroleâ ¢Protein Bean Salad with Tuna and Onionsâ ¢Slow Cooker Everything Chickenâ ¢Clean Eating Chicken Saladâ ¢Slow Cooker Turkey Sloppy Joesâ ¢Spicy Grilled Tofu with Szechuan Vegetablesâ ¢Blueberry Banana Smoothieâ ¢Lemon Ginger Detox Drinkâ ¢Orange-Pomegranate Green Teaâ ¢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

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