

Download Meal Prep Slow Cooker 3 High Protein Recipes Meal Prep Guide Volume 3

Slow cook your next lasagne for extra tender mince – and this version is low-fat and low-calorie. A healthy family meal to give you comfort on cold nightsCooked this for dinner on Friday and it was lovely but did need a few tweaks which gave it the flavour we would look for in a tagine. This is a recipe for 4 people but I still added all the coriander & cumin for 600g lamb for 3 people and 2 generous tsp of Ras-el-hanout.This delicious and healthy slow cooker split pea soup requires just 5 minutes of prep time and contains 21 grams of fiber and 28 grams of protein in just one bowl! Growing up in Southern California, my parents would always take my brother and me to Pea Soup Andersen’s for their famous split pea ...This slow cooker Moroccan Chickpea Stew is filled with tons of vegetables but is hearty and comforting. It's easy to make, is healthy and totally delicious!