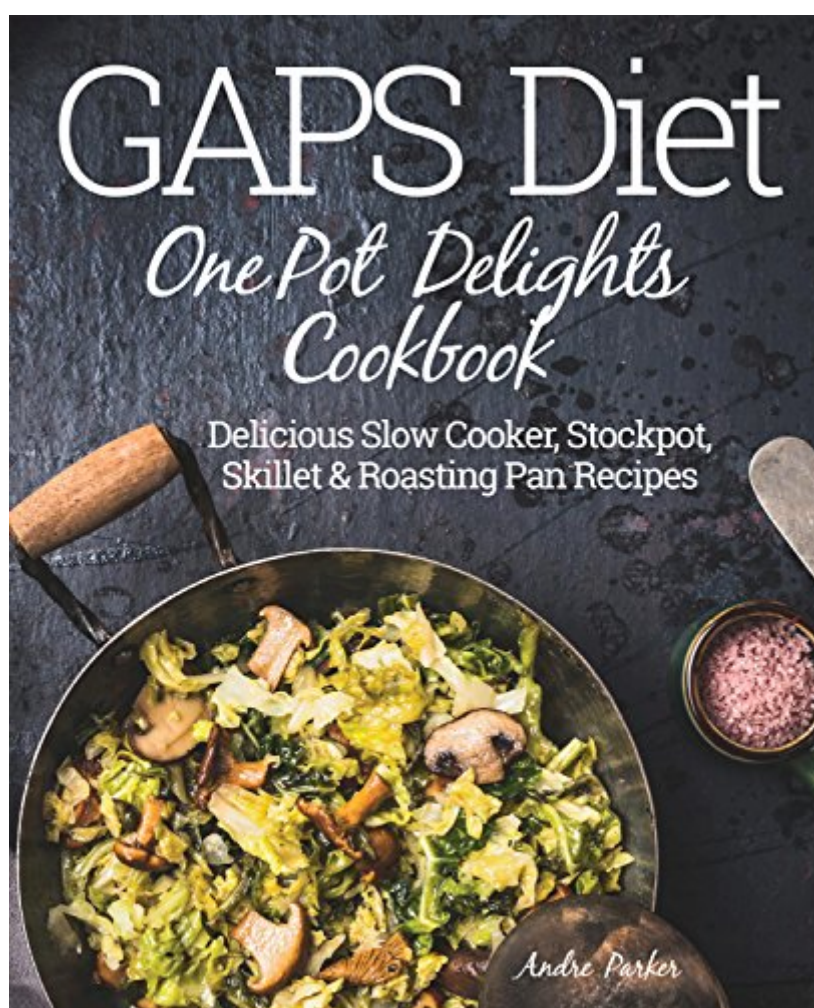


The book was found

GAPS Diet One Pot Delights Cookbook: Delicious Slow Cooker, Stockpot, Skillet & Roasting Pan Recipes



Synopsis

Suffering from digestive health issues and finding it hard to adhere to the GAPS diet because it is proving time-consuming? Learn to create delicious and nutritious meals that are GAPS-compliant but require little preparation time or equipment, meaning less stress and less mess! Are you struggling to make meals that are GAPS-compliant whilst juggling the other demands of daily life? Are you trying your best to adhere to the GAPS diet but finding that the preparation, cooking and clearing up involved are a little overwhelming at times? Author Andre Parker has a very personal understanding of the difficulty of dealing with digestive health issues and following the GAPS diet. Just over six years ago, he was struggling with a long list of digestive health issues when he discovered the GAPS diet, which changed his life forever and completely turned his health around. Andre has coupled the knowledge and experience he gained on his journey to healing and repairing his gut with his love of cooking to produce this user-friendly cookbook, One Pot Delights. He developed this cookbook for people like him - busy people with a sensitive digestive system. His aim is to make your gut healing journey a whole lot easier by using just one pot to throw together a range of delicious and gut healing one pot delights! All it takes is your one pot of choice, combined with a select few gut healing ingredients and minimal preparation time, and you will be on your way to creating wholesome but effortless meals with plenty of time left over to do what you enjoy! A cookbook for the entire GAPS diet - each and every stage of the diet is covered. Recipes are organized by the equipment required - including slow cookers, skillets, stockpots, casserole dishes and roasting pans. A variety of recipes are included - from light bites and full meals to desserts and even condiments! Simple and easy recipes - requiring minimal preparation but with delicious results. A range of ingredients are covered - with enough variation to keep it interesting but all easy to source. Other dietary requirements or preferences considered - with vegan, chicken, turkey, beef and lamb dishes all included! If you want to save yourself precious time and effort in the kitchen, while creating delicious and nutritious GAPS-compliant recipes, Andre Parker's One Pot Delights is exactly what you need! Buy One Pot Delights today and make the GAPS diet more manageable and less time-consuming from now on!

Book Information

File Size: 2283 KB

Print Length: 82 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 24, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0747YDDH5

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #49,042 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Food Allergies

#10 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments

> Abdominal #52 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

Abdominal

Customer Reviews

Great recipes for GAPS followers. Great cookbook for anyone starting GAPS or wanting new ideas.

I really like what Andre has done with this cookbook. Most of the GAPS books out there that I've read stick to the same structure i.e. breakfast, lunch and dinner for each stage. This book is actually laid out per cooking style - stockpot, roasting pan etc. Each recipe is labelled for the stage that it is suitable for. Simple and delicious meals I particularly liked the lemon chicken casserole .

Let's be honest, cooking for your GAPS family can be overwhelming at times. I love and appreciate the way the cookbook presents easy to make recipes for someone like me who struggles in the kitchen. Nourishing and healing food doesn't have to be complicated...thank you Andre for putting this great collection together for families like mine!!

With all the cooking and health changes that are time consuming this cookbook helps make the cooking easier. Easy to follow recipes that are delicious. A great cookbook!

I really appreciate the quick easy meals in One Pot Delights. Our family has many food sensitivities and allergies. It's hard to find a cook book that fits our needs but many of the recipes in this book do just that.

I love it! I'm new to the GAPS Diet and this book laid everything out in a very easy way to understand!! :) Thank you :)

I am not a book critic or reviewer,I just like to read a wide genre of a diverse types

[Download to continue reading...](#)

GAPS Diet One Pot Delights Cookbook: Delicious Slow Cooker, Stockpot, Skillet & Roasting Pan Recipes Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1) One-Pan Wonders: Fuss-Free Meals for Your Sheet Pan, Dutch Oven, Skillet, Roasting Pan, Casserole, and Slow Cooker Keto One Pot Wonders Cookbook - Low Carb Living Made Easy: Delicious Slow Cooker, Crockpot, Skillet & Roasting Pan Recipes (Elizabeth Jane Cookbook 9) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) The Ultimate Pressure Cooker Cookbook: Ingenious & Delicious Meals All In One Cooker (Instant Pot, Instant Pot Slow Cooker, Pressure Cooker Cookbook, Electric Pressure Cooker, Instant Pot For Two) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot ... Pot Recipes;Crock Pot Cookbook) (Volume 1) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) Instant Pot Cookbook: Top 10 Electric Pressure

Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) CROCK POT: 500 Best Crockpot Recipes (crockpot cookbook, slow cooker recipes, crock pot meals, paleo, vegetarian, crock pot, crock pot cookbook, crockpot freezer meals, slow cooker cookbook) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)