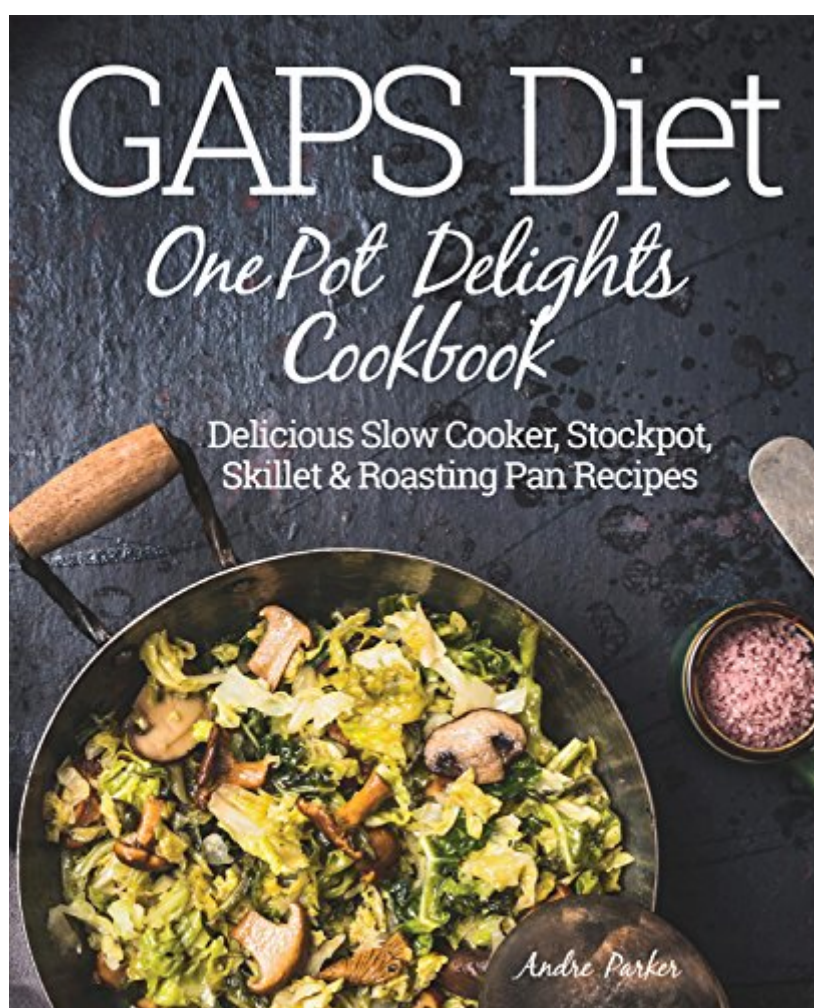


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# GAPS Diet One Pot Delights Cookbook: Delicious Slow Cooker, Stockpot, Skillet & Roasting Pan Recipes



## 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

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## 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

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