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Ketogenic Diet: 60 Delicious Slow Cooker Recipes For Fast Weight Loss (Keto, Paleo, Low Carb, Cookbook, Low Salt)



Synopsis

Want healthy low carb meals but don't have enough time? This book could be the answer you're looking for...Ketogenic Diet: 60 Delicious Slow Cooker Recipes For Fast Weight Loss Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite. This book is designed to empower you by providing easy to make low carb slow cooker recipes that don't skimp out on flavor! 60 Delicious Slow Cooker Recipes For Fast Weight Loss ...An Overview of the Ketogenic Diet Cooking And Preparation Times To Find The Quickest And Easiest Recipes Macro and Micro Nutritional Information For Each Recipe 60 Recipes for Breakfast, Lunch, Dinner and Snacks Benefits Of Using A Slower Cooker Learn How To Make These Enticing Recipes: Hash Browns-Cauliflower Casserole Scallops Florentine Mustard Lemon Salmon Steaks Green Curry Chicken Wings Creamy Chive Sauce Chicken Buttery Garlic Tilapia Tangy Meatloaf with Mushroom Sour Cream Sauce Awesome Cheese Sauce and Vegetable Dippers Dark Chocolate Cake Get your copy today!

Book Information

Series: Keto, Paleo, Low Carb, Cookbook, Low Salt

Paperback: 198 pages

Publisher: CreateSpace Independent Publishing Platform (June 15, 2016)

Language: English

ISBN-10: 1534661905

ISBN-13: 978-1534661905

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (31 customer reviews)

Best Sellers Rank: #37,692 in Books (See Top 100 in Books) #40 in [Books > Cookbooks, Food & Wine > Special Diet > Ketogenic](#) #58 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#) #103 in [Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking](#)

Customer Reviews

The book will not only explain to you what ketogenic diet is but will also help you lose those unwanted pounds through the given proven steps and suggestions that you could follow to remove those unwanted fats. The ketogenic diet is not only known to be one of the most effective weight loss tools, but has proven to have many health benefits. This is a nice step by step diet that will make you feel awesome in a short time, it have some amazing recipes and they are very well explained. This book has helped me be aware of my body and inspired me to take care of it better. The recipes and recommendations here can really help someone shed those extra pounds. That's why I am excited to follow it!

If you like healthy eating that will really surprise your family this would be right book for you. Slow cooker means that meals are prepared just by putting ingredients into it, and all you have to do is just wait. Not that is time efficient but also meals are nutritious and tasty. The main thing is that we live in very fast pacing times, and it is hard to find time to cook. Book starts with introduction of Keto diet, benefits of slow cooker.. Recipes include Mexican breakfast, cheesy ham scramble, chilli chicken, easy morning pie, cesar sandwiches...Nice and healthy recipes, 60 of them.

Sometimes when you are trying to accomplish a certain diet having a cookbook is probably going to come in handy because, as a beginner, you don't have much in your arsenal of knowledge. So this book was a great refreshment of ideas I can implement in my diet so it's more sustainable. Great Delicious recipes, I only went through like 10 but so far, it tastes great!

This book is totally awesome, i love eating food a lot. My greatest fear is getting fat and having diabetes along the line. Now i no longer need to worry about all this things. This book has been able to point out sets that can help me in staying healthy and young. It contains series of food that i can take that can prevent me from getting fat. I got to learn why it is called ketogenic diet and the benefits as well. I am glad i came across this book. It worth reading and meant my expectation.

Ketogenic diet has gained popularity especially to the people interested in losing their body weight. However for you to benefit from the diet, you have to accompany other routines like Exercising. The book caters for various users including general public, athletes and bodybuilders who perform a lot of exercise . The book also leaves you with a number of recipes that are mouthwatering, these are to guide you on the proper ketogenic diet approach.

I got a new diet plan through this book. This diet book is absolutely a good one and effective too. I used many Ketogenic diet plans and this one is new in my collection. This ketogenic diet book contains over 60 recipes along with how to use the ketogenic diet way of life. I like that the dishes are not only healthy but also tasty. You will find great recipes for both breakfast, lunch and dinner in this book.

I believe this was designed to empower us by providing easy low carb slow cooker recipes that don't skimp out on flavor and deprive us on great taste. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine. As a result you will automatically lose weight, increase your mental focus and decrease your appetite to be come more healthier and sexier.

The recipes are fairly simple and I appreciated the day to day meal plan. The recipes had the breakdown of the numbers per serving. It is extremely important to know your intake of fats vs protein and carbs, not net carbs actual carbs. Some Breakdowns were provided in the meal plan but mostly only net carbs. I would definitely use this as a guide for a truly Ketogenic lifestyle.

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