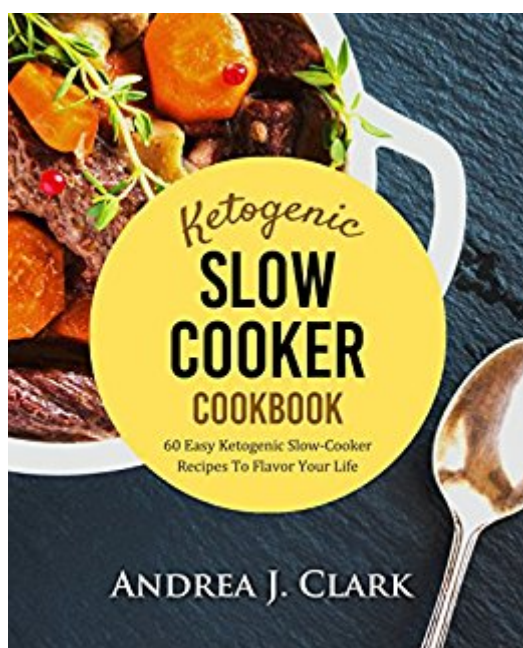


The book was found

Keto Slow Cooker: 60 Easy Ketogenic Slow-Cooker Recipes To Flavor Your Life



Synopsis

Ready to lose weight but tired of fad and crash diets? Never fear, because ketosis is here! In this book, we explain what exactly the ketogenic diet is and why it will work for you. We'll delve into the science behind the ketogenic diet and why exactly this new trend has been hitting the ground running. Don't know what foods to eat? We've got you covered with a comprehensive list of dos and don'ts on this awesome diet plan. You'll find that the deliciousness far outweighs the restrictions. In fact, your new diet may be even more decadent than your old one! And you'll learn how that's possible. Don't know how to use a slow cooker? That's explained too, as well as how to go about buying one and how to figure out which one will be best for you. Download, read, and follow the directives given in this book to start a whole new diet and a whole new you with a bit of motivation, a few simple steps, and a slow-cooker!

Book Information

File Size: 1022 KB

Print Length: 90 pages

Publication Date: July 14, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B073YF3J75

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #76,921 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > U.S.

Regional > Middle Atlantic #8 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine >

Cooking by Ingredient > Meat, Poultry & Seafood > Seafood #13 in Books > Cookbooks, Food

& Wine > Regional & International > U.S. Regional > Middle Atlantic

Customer Reviews

This book contains good information on Ketogenic diet, but also very good and practical recipes for

preparing meals in Slow Cooker. This book contains a lot of important info and some delicious recipes that are necessary for our health. After reading this book I started to follow this book's advice and I also try to prepare some recipes from here. I've prepared a few recipes and most of them are really so tasty. My sincere recommended!

You will surely appreciate this book as I did. Because aside from healthy and flavorful recipes which are really good if you will cook them using slow cooker, the author has explained also the importance of ketogenic diet and how will it works to your body. She also stressed that eating low-carb and deliciously high fat foods are good combination to lose weight. Such a good book.

If you want to try a Ketogenic diet, but are busy, stressed, and unsure about how to adjust your diet to make your body burn fat, this book is for you. This cookbook makes the diet simple and accessible for everyone, no matter how busy you are or how much cooking experience you have. Great done!

This book contains a lot of important info and some delicious recipes which is necessary for our health. After reading this book I started to follow this book's advice and I also trying to prepare some recipes from here. I prepared 5-6 recipes and most of them are really so much tasty.

It is a complete guide, starting with selecting the right slow cooker for yourself. I really liked the recipes in this cookbook. I fixed some of them and they tasted great. If you only have a slow cooker to cook with, then this is the book for you. I would recommend this book.

Finally the book which provides recipes not only for specific diet but also for a specific type of equipment to cook it. I always use my slow cooker however I find it difficult to match keto diet. The recipe selection is great.

I like dieting books, and every spring I try to lose weight . But now I understand a good keto diet and now I am trying to do it and be healthy

Take advantage of ketosis with some good slow cooker meal ideas.

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

KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto,

ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living 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) Keto Slow Cooker: 60 Easy Ketogenic Slow-Cooker Recipes To Flavor Your Life 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) Ketogenic Diet: Over 100 Pressure Cooker Recipes - The Essential Quick And Easy Ketogenic Pressure Cooker Cookbook: Ketogenic Cookbooks, Ketogenic Diet Books, Keto Diet Book (2nd) 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) Slow Cooker: Ketogenic Diet: 92 Ketogenic, Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 2nd Edition (Low Carbohydrate, ... Watchers, Ketogenic cookbook, Keto Diet) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) 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) Keto Diet Guide: The Clear Guide to your Keto Path (Keto, Keto diet, Lose Weight, Recipes on Ketogenic and Paleo Diet Book 1) Ketogenic Slow Cooker Recipes: 130 Ketogenic Slow cooker Recipes, Get Back Your Dream Body In Two Weeks! Simple, Quick & Easy!! Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) 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)
KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes,Chicken Soup ,Soup Cookbook ,Slow Cooker Soup Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)