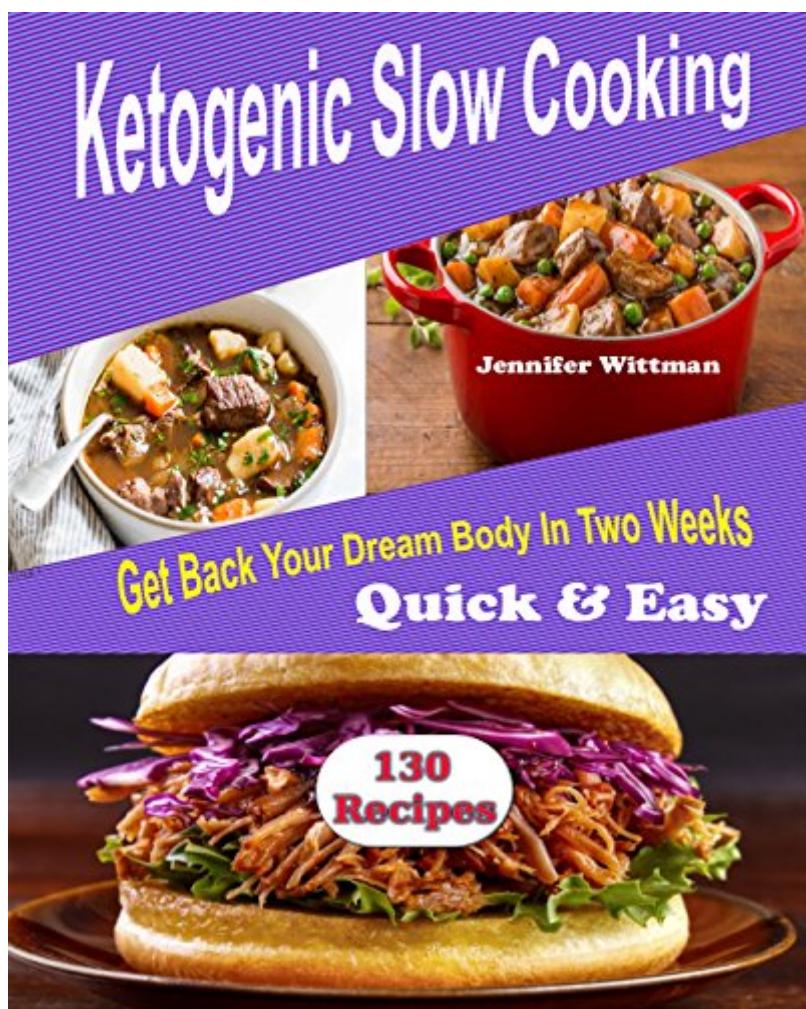


The book was found

Ketogenic Slow Cooker Recipes: 130 Ketogenic Slow Cooker Recipes, Get Back Your Dream Body In Two Weeks! Simple, Quick & Easy!!



Synopsis

WATCH THE WEIGHT WASH AWAY!! & SAY HELLO TO A BRAND NEW, HEALTHIER YOU!! Your body can be converted from a mainly sugar burning entity into a fat burner with the ketogenic diet. The ketogenic diet is also an innovative way to encourage better general health. There have been numerous people who have turned to this revolutionary diet to attain efficient weight loss due to its characteristic success, and as such it has become exceedingly popular. Using the ketogenic diet, you'll be able to boost your energy levels through the roof, restore your metabolic health and lose weight in the process. Ketogenic diets utilize low-carb, high-fat foods in conjunction with slow cooker methods which allow your body to reach its maximum potential, and attain the highest grade of health to date. Rejuvenating your body from the inside out is made simple and easy if you follow the ketogenic diet thoroughly. The damage done to your body from extended exposure to excessive carbohydrates and glucose can be undone with enough patience and perseverance. What healthier way could there be than this diet? After all, there's no price too large to pay for a healthier and stronger body! Delight your taste buds with carefully selected, slow-cooker recipes, while adhering to a ketogenic nutritional profile at the same time. Save a bunch of time through slow cooking! These recipes are fast to prepare and even easier to make, allowing you the freedom of delicious foods that are healthy at the same time! GET THIS 130 KETOGENIC SLOW COOKER RECIPES BOOK NOW AND CHANGE YOUR LIFE TO A HEALTHIER, LEANER, STRONGER IN NO TIME

Book Information

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Customer Reviews

Recipes look great but book is almost useless with out some third party app and some math to figure out what a serving size is. Also you should use a comma in place of a period for your macro numbers, stick to the system every other cook book on the market uses.

I am trying the slow cook method and I think it will work for me.

good recipes for anyone to read

Its a complete combination of the best of both worlds of slow-cooker ketogenic diet recipe, with tons of expositions on the science behind the ketogenic diet, helping one fully grasp the modalities behind the ketogenic diet recipes. This book contains a lot of important info and some delicious recipes that are necessary for our health. I liked that there is information about nutritional value per serving which makes the diet much easier.

I think this book lived up to my expectations. I've recently started heavy full-time work at the hospital and have found it difficult to set any time aside for my health and well-being in terms of what I eat. However, slow cooking has changed my situation a great deal, as I can set it in the morning, night or whenever and not have to worry about it until I come home hours later. Some really good advice, and the recipes are beginner-friendly! Thanks!

This book will give a result in your body shape within a very short period. The ketogenic eat less carbs was first used to treat epilepsy yet it was found it additionally caused weight reduction. Thanks author for creating us a new very important book for all of us. I just willing to suggest all of you to read this book everyone..

Some of the recipes look very good . The recipes fail to say how many servings or a portion size

which makes it very difficult to match nutrition macros and some side dish suggestions may not be Keto

This book will give a result in your body shape within a very short period. Excellent ketogenic slow cooker recipes book. Many Helpful tips and information about ketogenic slow cooking, 130 ketogenic recipes in this book, all are healthy and testy food recipes. Highly recommended to all.

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Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner)
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