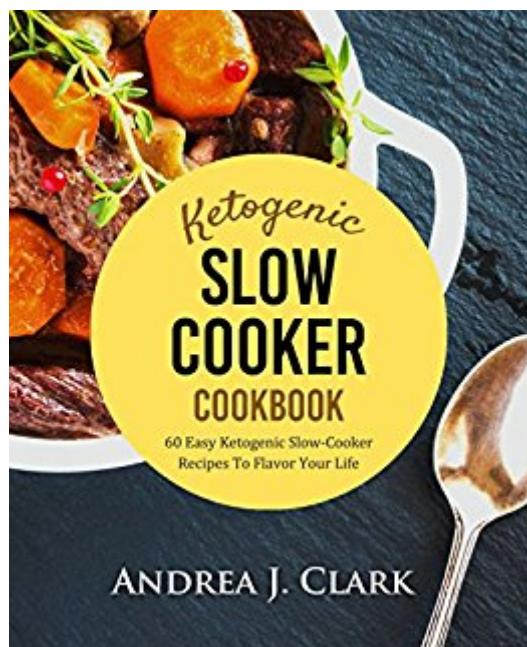


The book was found

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

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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.

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