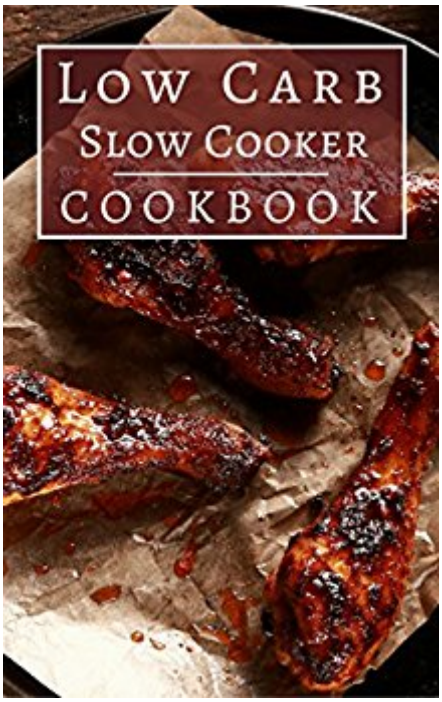
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Low Carb Slow Cooker Cookbook: Delicious Fat Burning Low Carb Slow Cooker Recipes (Low Carb Crockpot Cookbook Book 3)



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Synopsis

This Low Carb Slow Cooker Cookbook Includes A Wide Variety of Delicious Recipes For Burning Fat!Get This Low Carb Diet Cookbook for A Special Discount (40% off)The low carb diet is one of the most proven and effective diets for losing weight. The low carbohydrate diet is based on consuming foods that are mainly low in carbohydrates. Consuming less carbs in your diet, has been shown to increase the fat burned by your body, and is overall a very effective weight loss diet. All of the recipes in this cookbook are low in carbs, and taste great. Because of how easy these recipes are to make, these low carb slow cooker recipes are perfect for beginners, or busy people. You simply need to place the ingredients in your slow cooker or crock pot and set it.Here are some helpful low carb dieting tips:Ã¢â ¬Â¢Include vegetables and lean meats (fish and chicken) in your diet. Most vegetables and meats contain low amounts of carbs, and can control your appetite.Ã¢â ¬Â¢Avoid starchy foods like pasta, potatoes, and rice. These foods have high amounts of carbs! Ã¢â ¬Â¢Stick to drinking water, most other drinks like juice may include sugars that you may not be aware of.This low carb slow cooker cookbook has a variety of tasty dinners, stews and other tasty slow cooker recipes for you to enjoy. Good luck!

Book Information

File Size: 2719 KB

Print Length: 49 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 10, 2017

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B074RD8JS6

Text-to-Speech: Enabled

X-Ray: Not Enabled

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Lending: Not Enabled

Screen Reader: Supported

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Customer Reviews

Some recipes sound great. Others would need some tweaking - don’t love some of the artificial ingredients and would like to see the recipes a little cleaner.

Too many artificial ingredients (like onion soup mix or canned soups) plus total carbohydrate counts are not shown, only net carbohydrates. I need to know the total carbohydrates so the book isn’t as useful as I thought it would be. Disappointed ÃƒÂ Ã Å¸Ã ËœÃ Å .

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