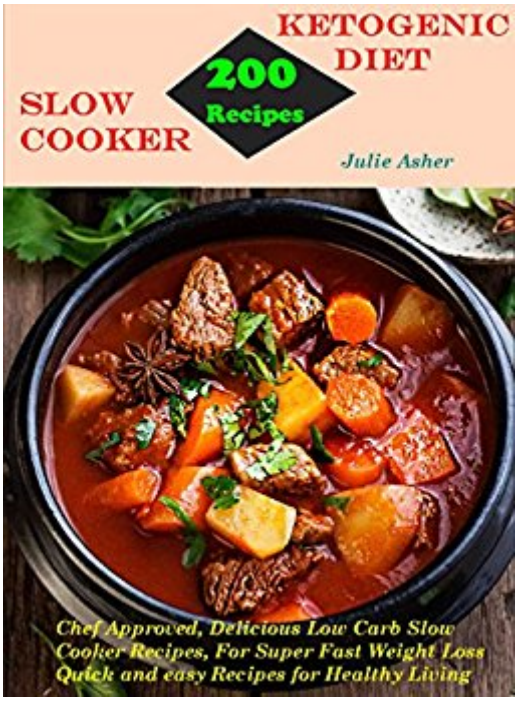
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Ketogenic Slow Cooker Recipes: 200 Keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick And Easy Recipes For Healthy Living



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Synopsis

Set and Forget with this amazing 200 Ketogenic slow cooking recipes , crock pot recipes, Quick and easy Recipes for Healthy LivingThe ketogenic diet is the new way to live. ItÃ¢â ¬â„¢s a method that promotes fat burning to the max. The diet is characterized by low carbs and high fat portions in your diet. Look and feel great in no time! Your energy levels will be through the roof, and it also reduces your risk of developing chronic diseases to boot!This Ketogenic slow cooker recipe book shows you a wide variety of ketogenic diet recipes in a most simplistic and convenient manner.These recipes go hand-in-hand with the slow cooker, and is built especially for the creation of healthy dishes.So long as you stick to the diet and follow this ketogenic slow cooker recipes in this book, youÃ¢â ¬â„¢ll be well on your way to ridding yourself of that stubborn and clingy fat. So simple a diet and yet it is powerful. By the time youÃ¢â ¬â„¢ve gotten used to the diet, youÃ¢â ¬â„¢ll be surprised at how far youÃ¢â ¬â„¢ve come. Super fast, quick and easy. YouÃ¢â ¬â„¢ll wow yourself and others every time you look into the mirror!The benefits of ketogenic diet are so manyRapid loss of weightImproved sleeping patternsFeel more energizedReduce excess inflammationBetter heart healthReduce your wrinkles for a more youthful appearanceReduced incidence of developing diseaseAnd tons more!YouÃ¢â ¬â„¢ll be begging for more of these ketogenic slow cooker recipes once youÃ¢â ¬â„¢ve begun. Give this fast, simple and sustainable diet a try, and youÃ¢â ¬â„¢ll be shedding pounds in no time!GRAB YOUR COPY OF THIS KETOGENIC SLOW COOKER RECIPES TODAY AND ENJOY THE NEW HOT AND HEALTHY BODY IN NO TIME

Book Information

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Customer Reviews

This is the second Keto cookbook I purchased and I'm pretty happy with it. I like to prepare the meal in the a.m. and have it ready for lunch. Many are very tasty! The downside is that the table of contents puts everything in page order, and the names of the recipes have adjectives so it's difficult to find the one you're looking for. I did buy the Kindle version first in case I wouldn't like the recipes so I can go on there and do a word search and then go back and find the recipe by it's official name. I have to say that most of the recipes have too much liquid in them and I haven't figured out how to thicken them w/o using corn starch or flour. I think this is a collection of recipes people submitted so sometimes things aren't quite right. One recipe said to cook broccoli, spinach and ham in the cooker on low for 8 hours. It was easily done in 4 hrs on low and way overcooked at 8 hrs.

This is a very helpful guidebook for recipes. I have prepared several meals following these recipes, and I can say that the recipes in this book are well written and I also found them to be very delicious. The author also does a great job for motivating you to stay on track, giving you many tips and advice for staying on ketogenic diet, such as being able to plan your meals ahead of time. I highly recommended this book to everyone.

Great recipe book. Makes preparing ketogenic food easy, simple and straightforward. I'm so glad I got this book. If you need a great guide on the ketogenic way of eating, you sure do need this recipe book. I love the simplicity and ease to understand the recipe. Now I do not have to keep thinking of what to make and how to make it. I just open my kindle, pick any food of my choice and follow the steps and voom my food is ready.

Great book i have used several recipes that have came out well . my favorite so far is the sweet potato chill. i would highly recommend this for any Ketogenic Slow Cooker Recipes in the process of moving , or on a budget . i would recommend this for any one trying to find high quality cuisine with low effort.

Good CookbookSome of recipes....Nah

Okay, looks like it was done in Word, very low quality printing.That could be forgiven if the recipes were solid, they aren't. While some of the recipes fall into the ketogenic arena I found some that had more carbs than fat and protein combined. That is not a ketogenic recipe by any stretch.My advice if looking for ketogenic or even low carb recipes is to continue looking.

We will be returning this book.First of all, this is obviously a self published cookbook. The formatting is terrible, as is the cover, despite what other reviews say. Virtually every page has some sort if error, be it formatting, grammar, punctuation, or even looking like some of the recipe is missing. Two seperate pages thank the reader for *downloading* the cookbook. No editor ever touched this beforehand. With all these issues, I am leery to trust the nutritional info given.Worst is the actual recepies. With a ketogenic diet, fat is the focus, but many of these recipes have a much greater content of protein and even carbs. These recipes may be tasty and easy, but it would be a stretch to call it keto.

It has true keto recipes and most of them are keepers. I did most of the recipes and consider keto friendly. This book will therefore show you how easy it is to combine the lifestyle changes of the Ketogenic diet with the convenience of slow cooking, and never will you feel that you have sacrificed the taste of your food!

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