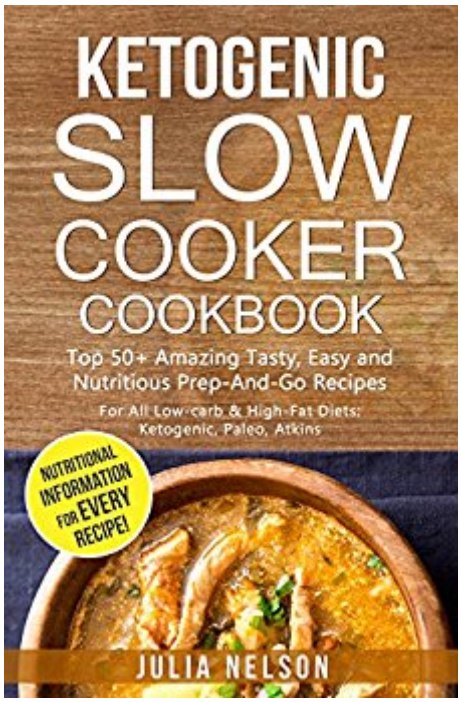
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Ketogenic Slow Cooker Cookbook: Top 50+ Amazing Tasty, Easy And Nutritious Prep-And-Go Recipes WITH NUTRITIONAL INFORMATION



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Synopsis

Buy the Paperback version and get the Kindle version for FREE! 2nd edition WITH NUTRITIONAL INFORMATION FOR EVERY RECIPE!Did you know that the slow-cooker is the perfect kitchen gadget for those who are on a ketogenic diet, paleo diet, Atkins diet or any other low-carb diet? Have you decided to lose weight? Do you want to become healthier and more cheerful? Are you a keto fan and want to diversify your menu? Then quickly grab your copy of this book and start cooking wonderful, simple and delicious dishes! In this book, you will find: - Nutritious and varied recipes for breakfast - Delicious and mouth-watering recipes of main courses - Meat recipes for every taste - Desserts, desserts and even more desserts to improve your mood - Bonus! Extra 5 mouthwatering recipes of ketogenic desserts for your pleasure! All ingredients are easy to find at the nearest market. Do not worry about what's delicious and dietary to cook; we have invented everything for you! Dig out your slow-cooker and just follow the simple guides.

Book Information

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Customer Reviews

I love keto diet as it is just so awesome in terms of making my body look much better. But still

sometimes it’s kinda tough finding good keto recipes to diversify my meals. So I bought several books including this one and it’s a more than decent source of recipes. I loved zucchini and spinach soup, lemon cake turned out nice too. And I tried some stews as well already. And though I miss pics, it’s great there is nutritional info provided, very helpful!

Yummy recipes! The simplicity of the recipes means they can be enjoyed by beginners as well as experienced cooks. In the introduction alone, I found lots of useful information: the difference between a slow cooker and a crock pot. The writer of this book describes every part very clearly and by reading this book I have learned some delicious recipes also. This is really worth buying book!

I’m the type of person who loves learning new and delicious recipes and since I plan to get started with my ketogenic diet this cookbook is perfect for me. The instructions and guidelines on how to prepare these ketogenic recipes are so easy to follow and understand. What I like more about this cookbook is that, every recipes has a list of nutrition’s that you will get.

Finally, a ketogenic slow cooker cookbook that has recipes that my family will eat! No strange ingredients that, even if I could find them, I would only use once. I have used several of the recipes and they have all been great. I have always loved using a slow cooker and this cookbook makes it even better. Thank you so much.

This book has some good Keto recipes. However, there are several recipes that are not Keto-friendly. Such items as apples, sweet potatoes, peaches, etc. are high in carbs and fructose. This book would be much better if all of the recipes were 100% Keto-friendly.

This cookbook makes the diet simple and accessible for everyone, no matter how busy you are or how much cooking experience you have. 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. Great book to have.

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, and also describes the mouthwatering recipes. Such a good book.

Easy to read and follow recipes. They all sound amazing. Can’t wait to try them out.Healthy meals you can prepare everyday..Highly recommended!!

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