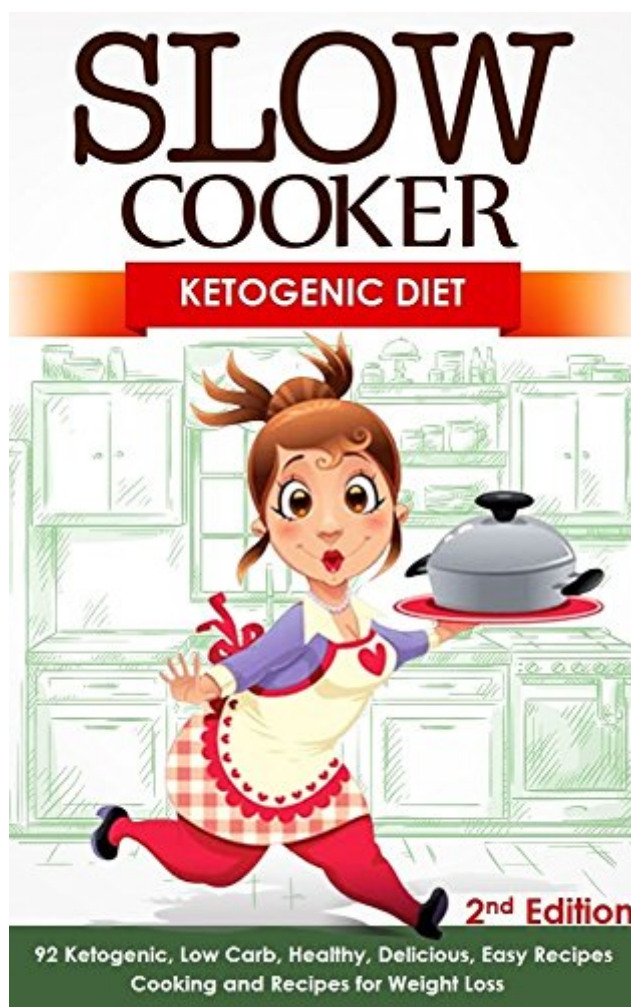


The book was found

# Slow Cooker: Ketogenic Diet: 92 Ketogenic, Low Carb, Healthy, Delicious, Easy Recipes: Cooking And Recipes For Weight Loss - 2nd Edition (Low Carbohydrate, ... Watchers, Ketogenic Cookbook, Keto Diet)





## Synopsis

WOULD YOU LIKE TO TRY A DIET THAT ALLOWS YOU TO ENJOY DELICIOUS FOOD WITH APPROPRIATE AMOUNTS OF FAT, PROTEIN, AND CARBS? Nutritional Facts included with all recipes!! I bet you do, and this book is the perfect reference for you! A ketogenic diet offers many benefits, the best of which is that helps transition your body from using glucose to using fat as fuel. What this means for you is that you get to enjoy great tasting food without sacrificing your well-being with the added bonus of losing some of that extra weight. The question is how do you get started? Look no further than this book. Although a ketogenic diet requires careful meal planning, you will find everything you need to get started on your own ketogenic meal plan in this book. So take out that slow cooker and get ready to start cooking! Here is what this book has in store for you: Over 90 delicious recipes Brilliant breakfast meal ideas Comforting soups and stews Unique poultry and seafood entrées Savoury pork entrées Delicious beef entrées **ACT NOW AND HIT THE DOWNLOAD BUTTON!** Start preparing delicious and healthy meals today!

## Book Information

File Size: 763 KB

Print Length: 194 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 11, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00W0KELIK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #543,165 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #184

inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #243 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Ketogenic #336 inÂ Books > Cookbooks, Food & Wine > Special Diet > Ketogenic

## Customer Reviews

Some decent looking recipes in here, and I hate to complain about a free ebook, but the fact that

none of the recipes list any sort of nutritional value is so inconvenient. As I'm sure most followers of a truly ketogenic diet know, it's so much more than just low carb. It's extremely important to know exactly how many calories you should be consuming on a daily basis based on your personal macros, and what percentage of those calories should be coming from carbs, protein & fat. Makes meal planning so much easier when recipes list all the proper nutritional info, so unfortunately this becomes yet another ketogenic recipe book I will not be using because of this. Bummer :/

I could have written the review entitled "disappointed" nearly word for word. The recipes look good but I only tried a couple because as a very careful follower of a ketogenic diet, I could not appreciate the lack of nutritional information in the version I received. It looks as if there have been changes made to the latest version so perhaps those concerns have been addressed - I am very glad for Arianna Brooks. She deserves praise for her obviously well-intentioned efforts and I wish her great success in the longer run. One other thing, my slow cooker is a two-person size and the recipes for four (all of the ones in this book, I believe) will not fit and would make too much if they did. I have done some customizing to use them but would much prefer not having to do that. There are a great many recipes out there on the net and, I admit, if it is not easy to do - I probably won't. Good luck Arianna, and thanks for the free opportunity to check out your book.

Reducing on the intake of carbs has become one of the most discussed health issues together with the fight to reduce Body weight. But you can do this while you have a good meal at the same time, so take your time and read through this book, Am sure you may take some recipes to try out and see the results, Am on the same diet while I accompany it with my Tea cleansers to replenish my body with healthy food as I reduce the body wastes.

I was very disappointed. There were no breakdown of nutritional values. I do not need soup recipe for 20. Most recipes were too heavy in the carb department for our family. Might be two recipes I would use. Please this does not follow the required macros of the keto diet as I am familiar; 5% carbs, 20 % protein and 70%+ fat .

As someone on Keto, its sometimes just the same old same old thing you are eating day in and day out. Even with resources online and reddit, sometimes its nice to have a resource right on my kindle and I can take it to the kitchen or grocery store to get some yummy keto grub! I'm trying the sausage cheesy eggs tomorrow morning and have 3-4 new meals I'm going to try this week!

I have never heard about this diet and wanted to know more about this no sugar diet that transition ones body to use fat instead of glucose for body fuel. This book have tons of recipes with guided steps and preparation strategies supporting this diet. A quick and easy guide

The book is full of various recipes that you can start to add to your daily diet when you decided to start the ketogenic diet.If you want to lose weight and looking for an interesting recipes of ketogenic diet then this book is definitely for you.

All of us want to prepare healthy food for our family and it's the reason why we want to explore new healthy books we found online or in store. Count me in, so I decided to grab this slow cooker book. There are instances that we caught up with busy schedules and slow cooker recipes perfectly fit on the scenario wherein we can still prepare and eat healthy food. I love the recipes listed on the book, they are easy to prepare and it's a big plus for me.

[Download to continue reading...](#)

Slow Cooker: Ketogenic Diet: 92 Ketogenic, Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 2nd Edition (Low Carbohydrate, ... Watchers, Ketogenic cookbook, Keto Diet) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb ) (Cookbook delicious recipes 1) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to

Overcome Belly Fat) Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Slow Cooking - Top 500 Slow Cooking Recipes Cookbook (Slow Cooker, Slow Cooker Recipes, Slow Cooking, Meals, Slow Cooker Chicken Recipes, Crock Pot, Instant Pot, Pressure Cooker, Vegan, Paleo) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Slow Cooker-Slow Cooker Recipes Book 109) KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS: KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Top 30 Easy Vegan Slow Cooker Recipes For Busy Women: Amazing Vegan Recipes For Weight Loss And Healthy Eating: Slow Cooker, Slow Cooker Cookbook, Slow ... Cooker Recipes Cookbook For Busy Women 1) Keto Diet: 60 Delicious Ketogenic Diet Recipes: 30 Days of Keto Lunch & Dinner + FREE GIFT! (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes)

[Dmca](#)