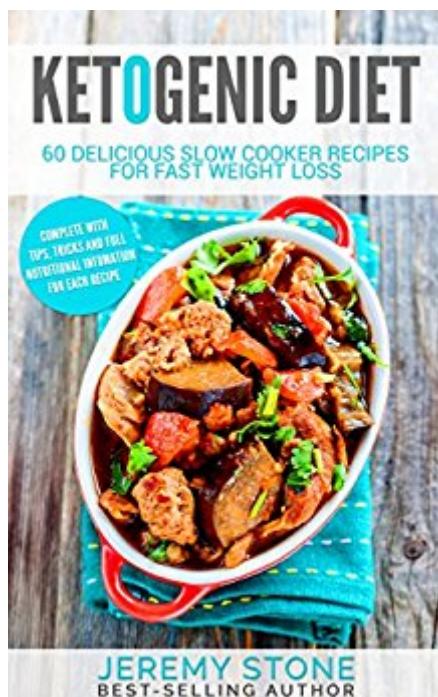


The book was found

Ketogenic Diet: 60 Delicious Slow Cooker Recipes For Fast Weight Loss (Ketogenic Slow Cooker, Low Salt Cookbook Book 1)



Synopsis

Do you find it difficult to find make healthy Ketogenic Diet meals that the whole family can enjoy? Do you want true Ketogenic Diet recipes but don't have enough time? This book could be the answer you're looking for...Ketogenic Diet: 60 Delicious Slow Cooker Recipes For Fast Weight Loss PLUS A BONUS Book: Ketogenic Diet â€“ How A Nutritious Low Carb Diet Will Burn Fat Fast Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite. This book is designed to empower you by providing easy to make low carb slow cooker recipes that don't skimp out on flavor! 60 Delicious Slow Cooker Recipes For Fast Weight Loss ...An Overview of the Ketogenic Diet Cooking And Preparation Times To Find The Quickest And Easiest Recipes Macro and Micro Nutritional Information For Each Recipe 60 Recipes for Breakfast, Lunch, Dinner and Snacks Benefits Of Using A Slower Cooker Learn How To Make These Enticing Recipes: Hash Browns-Cauliflower Casserole-Scallops Florentine-Mustard Lemon Salmon Steaks-Green Curry Chicken Wings-Creamy Chive Sauce-Chicken-Buttery Garlic Tilapia-Tangy Meatloaf with Mushroom Sour Cream Sauce-Awesome Cheese Sauce and Vegetable Dippers-Dark Chocolate Cake Get or borrow your copy today!

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Customer Reviews

This is a great cookbook! I have now made 6 different recipes, and each one of them was easy and delicious. Best of all, my family ACTUALLY ATE them, and rated each dish a "make this one again, please". The Herbed-Port Slow Roast was amazing. Prep time was minimal for most dishes, and unlike some keto/low carb cookbooks, the ingredients are easy to find at normal grocery stores. It's great to come home to a hot, healthy meal after a day at work and kids' after-school activities and know that you've prepared something your entire family is going to enjoy.

I haven't tried the recipes yet but have looked at all of them and are less than impressed. Recipes in the lunch section are repeated in the dinner section. Some recipes measure in grams others in ounces. Typos and big errors in the nutritional calculations. Many of the recipes appear to have started out low cal, then made "keto" by adding large quantities of canola oil which is an oil that should be avoided when following a keto diet.

I've purchased a bunch of keto cookbooks and was looking for something that would provide slow cooker recipes (that's the one thing my other cookbooks are missing). Unfortunately, that's about the only thing this cookbook has going for it. There are no pictures - maybe not a big deal to you, but that's half the fun of a cookbook - and many recipes were barely low-carb, not to mention ketogenic. The book itself felt like a cheap paperback novel. The only reason I think this book will hold up over time is because it will probably barely get used.

This book was very nice & informative. I read this with my family, we enjoyed. The book caters for various users including general public, athletes and bodybuilders who perform a lot of exercise. The recipes listed are very helpful and doable as well. I like how pleasing it is to see the recipes and the instructions are easy to follow. This book is designed to empower you by providing easy to make low

carb slow cooker recipes that don't skimp out on flavor. Nice book. I like it.

Great Ketogenic cookbook. Filled with a ton of recipes. This is a recipe book based around the Ketogenic diet, which is a low carb/high fat/moderate (-high) protein ratio diet. This diet turns your body into a fat buring machine. I think it is important to decide if this diet is right for you, and if it is then this would be a great cookbook for you. The recipes in this book do not make you feel restricted. You actually feel more satiated and like you've been eating "cheat foods". There is definitely a great selection meat dishes, and cheese dishes. There are also ham, lamb, and salmon courses. And the soups are nice and hearty. I also appreciate that each meal has both its nutritional values, as well as the specific vitamins included.

The book has everything you need to understand and follow the diet. I liked the meal plan table for the week and calorie table. It discusses the benefits that this diet could give. And it provides a step by step guide how to do it effectively. It also provides recipes that are very easy to prepare and very delicious. A must-read for anyone interested in partaking in a ketogenic diet.

Thirsty and short breath when fat burns for fuel. Your body is in a fat-burning mode, it will use carbs for fuel before it touches stored fat. In Keto-aid, your blood fat is at a point to burn fat, and this is a great time to trim and slim. The recipes and guides provided in this book will help you to take your body to the point of ketosis.

Finally found a food book where I found some spicy food. Learn a lot about slow cooker optimum use and tips. Would recommend this book to have in your cook book library.

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