



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)

By Arianna Brooks

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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 you 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

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This book untitled 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) to be one of several books in which best seller in this year, here is because when you read this book you can get a lot of benefit in it. You will easily to buy this book in the book retail outlet or you can order it via online. The publisher in this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Cell phone. So there is no reason for you to past this guide from your list.

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Becky Duncan:

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) can be one of your nice books that are good idea. Most of us recommend that straight away because this book has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort that will put every word into joy arrangement in writing 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) but doesn't forget the main level, giving the reader the hottest and also based confirm resource information that maybe you can be one of it. This great information can drawn you into brand-new stage of crucial contemplating.

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