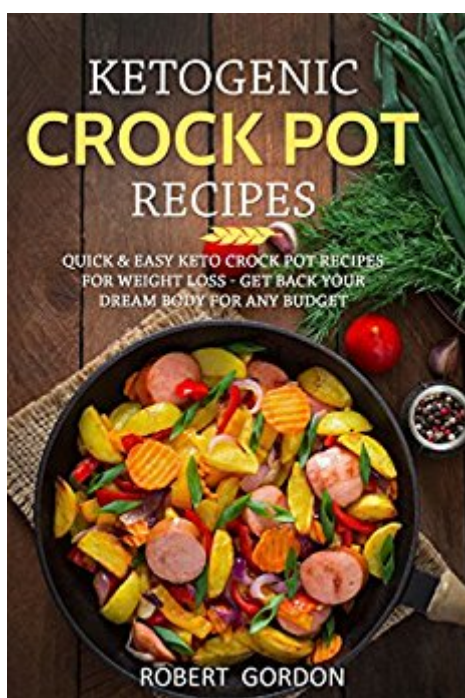


The book was found

Ketogenic Crock Pot Recipes: Quick & Easy Keto Crock Pot Recipes For Weight Loss - Get Back Your Dream Body For Any Budget.



Synopsis

Keto diet is a great way to get your body in order and start on the track to health and satiety. However, making a healthy Keto meal without dedicated cookware is a bit trickier. This is where the crock pot comes in. Crock pots are a great investment: cheap, reliable, sturdy. Especially when youâ€™re about to switch over to Keto diet, a crock pot can save you so much energy that youâ€™ll preemptively enter ketosis. Crock pot saves time, so you can get up in the morning, dump food inside, turn it on and head out, knowing that your Keto meal will wait for you, perfectly cooked. If you use some fattier cuts, youâ€™ll find the meal doused in fat, just the way the Keto recipe prescribed. Yummy! This ebook will explain some essential things about: What is a ketogenic diet plan? How do I get my body into ketosis? How to Reach Ketosis? How to Know if Youâ€™re in Ketosis? Types of Ketogenic Diets What is the difference between a slow cooker and a crock pot? How do I use my crock pot? Are slow cookers safe to use? Also, in this eBook, you can find 80 healthy and delicious Keto recipes for Crock pot divided in several categories: Appetizers, Breakfast, Desserts and Cakes, Main Dish/Meal, Finger Food/Snacks, Sauces and Dressings, Soups and Stews, Side Dishes & Vegetarian. After reading this eBook, youâ€™ll definitely be able to understand the many factors that play into how a person handles a Ketogenic diet.

Book Information

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Customer Reviews

If you want fancy food recipes this is not the cookbook for you but if you want a variety of simple, healthy and tasty recipes coupled with basic nutrition information than you will enjoy this cookbook.

Delicious (and easy) food combinations!! Sometimes I look at the healthy ingredients & think that my kids will never eat it; but they love these recipes.

The single best book on food I've ever read. It is a well written, no-nonsense, and easy to understand. You don't really need any other book.

Love the new book! Can't wait to get my boys involved in meal planning!

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