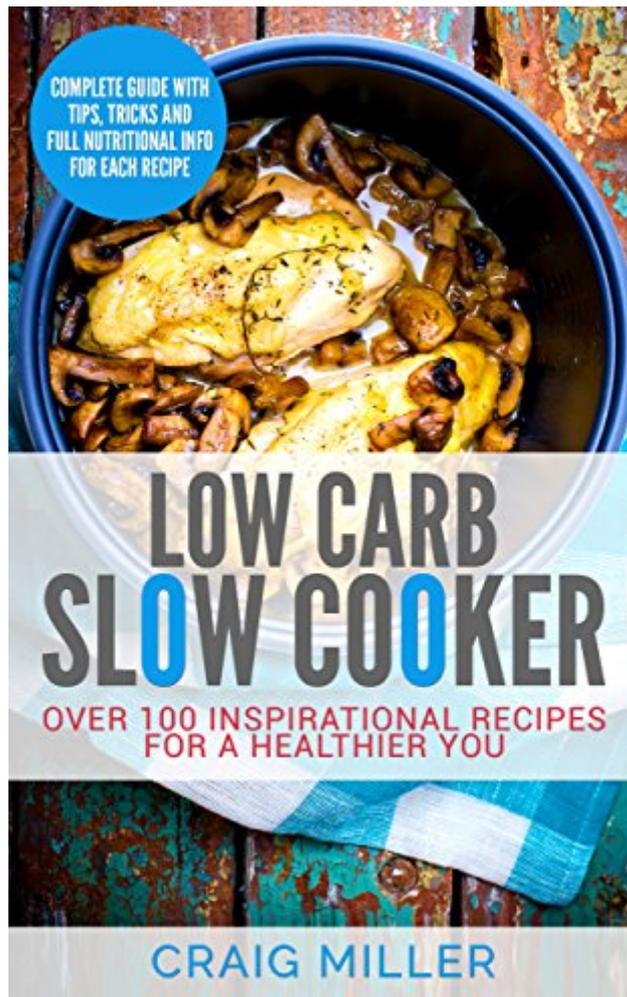


The book was found

Low Carb: Slow Cooker - Over 100 Inspirational Recipes For A Healthier You



Synopsis

Do you want delicious easy to make low carb slow cooker recipes that the whole family can enjoy? Do you want to be able to make healthy low carb meals but don't want to spend all day in the kitchen? This book could be the answer you're looking for... Low Carb Slow Cooker Cookbook - Over 100 Inspirational Recipes For A Healthier You. 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 it is actually simple carbs such as sugar and pasta that are making us fat and unhealthy. By removing simple carbs with healthy fats and protein, the low carb diet forces your body to become 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 take all the hassle out of low carb dieting by providing easy to make delicious low carb slow cooker recipes with all the nutritional information you need. With Low Carb Slow Cooker Recipes You Will Learn... Detailed Macro and Micro Nutritional Information For Each Recipe. Cooking And Preparation Times To Find The Quickest And Easiest Recipes. Over 100 Slow Cooker Recipes for Breakfast, Lunch, Dinner, and Snacks. A Straight Forward Explanation on the Low Carb Diet. The Benefits Of One Slow Cooker and Slow Cooking Tips. Learn How To Make These Delicious Recipes: Greek Eggs Breakfast, Mustard Lemon Salmon Steaks, Cheese Chicken Chili, Garlic and Thyme Chicken Breasts, Chicken and Chorizo Soup, Apple-Cranberry Turkey Breast, Pad Thai Chicken with Veggie Noodles, Greek Stuffed Chicken Herbed-Port Pot Roast, Kimchi Chicken Beef Bourgeon, Braised Tuna and Olive-Orange Tapenade. And Much Much More! Get your copy today and started on making delicious and easy low carb recipes!

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Customer Reviews

My husband is a health-conscious one after his mom was diagnosed with Diabetes and Hypertension. The importance and vast benefits of a low-carb diet shouldn't be taken for granted. I used to run out of meals to cook since I only know a few dishes that have low carbs on it. Now, with my very own slow cooker, I don't have to stress myself with it. The dishes are pretty good and sound extremely appetizing and healthy, of course. I would have given it a perfect rating had the author took the time to include some pictures on it. So, I wouldn't have to look up in the internet for the meals that are fairly new to me. Aside from that, this guide is terrific!

What makes it different from other books of the same topic is that the recipes are simple yet delicious and that preparing them is an easy affair. What I love about this book is that the instructions were clear and simple. I didn't have any problem in following some of the recipes. The recipes are original, healthy and tasty. I would recommend this book to everyone who wants to lose weight and start eating healthy!

I've tried many cookbooks and never knew these recipes, all the recipes are new and very delicious. I loved "peanut saucy chicken wings" especially. This book has low carb recipes which is essential for an effective weight loss, and recipes are high in protein so that anyone like to build muscles can also get benefited by these recipes. Overall a good experience in taste and weight loss, I lost 3 pounds after a week of this diet. Thanks to the author.

The only thing that slow cooker recipes is that the taste of the food is really good and I do not need to work hard for it. I can just prepare it and put in the crock-pot and set my phone alarm and go back to it once it's done. I can do house chores and spend time with my younger one. I found a lot of

delicious recipes in this Low Carb: Slow Cooker - Over 100 Inspirational Recipes For A Healthier You I loved them. Thank you so much, you make my cooking time easy.

This is a great book for anyone that wants to lose weight in a simple and easy way. It really does have over 100 healthy low carb recipes in the book and most of it are actually pretty delicious. This book was able to set me up for another few months of losing weight. Plus, I wasn't feeling that hungry no more since they a pretty good balance with proteins and fats in the recipes.

before reading the book was a little confused, as would be possible to lose weight by eating fat I wondered, but once started reading the book I started to understand the inner workings of my body and my metabolism, the author made a good effort explaining everything well using tables for illustrate the presence of the fats and carbohydrates on the food.

A low-carb diet restricts sugary foods, and starches like pasta or bread. Instead you'll eat delicious real foods, including protein, natural fats and vegetables. Low-carb diets just work, they've been used for over 150 years and there are tons of success stories. Dozens of scientific studies prove that compared to other diets, low carb is more effective. Here you'll find a whole bundle of delicious recipes for daily meal plans that will never be monotonous.

I am a health buff, and I really enjoy reading books about health and diet. And after reading this book, I enjoyed looking at the long lists of recipes that are surely low carb meals. Though I see a lot of recipes that have meat, I can still say that these are healthy and tasty as well. I will try out some of the recipes. I can't really choose which recipe to start with.

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