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Ketogenic Slow Cooker Cookbook: 100 Irresistible Low-Carb Slow Cooker Recipes That Will Help You Shed Weight, Prevent Disease, and Boost Your Confidence (Paperback)

By Vanessa Olsen

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.FREE BONUS INSIDE! Subscribe to my newsletter and receive 4 amazing eBooks on the Paleo diet, clean eating, smoothie recipes, and gluten free as a welcome gift! Slow cook your way to better health! Slow cookers have been around for decades and are a staple in most homes, but did you know just how good of a tool they are when it comes to cooking healthy food? This book walks you through how to use a slow cooker, how to find the best one for your family, and why its versatility and convenience can make the ketogenic diet easier. What is the ketogenic diet? It s the low-carb, high-fat diet of your dreams that lets you eat full-fat dairy, steak, vegetables, and more. This book will explore the science behind ketosis, which is when the body relies on ketones instead of protein or carbs for fuel, as well as how to power through rough patches of the journey. You ll also find advice on grocery shopping and pantry stocking. Substitutions like cauliflower rice, cauliflower mash, zoodles, and spaghetti squash make giving up...



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Reviews

It in a of my personal favorite pdf. Of course, it really is play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Definitely one of the better ebook I have possibly read through. It usually will not charge excessive. You wont feel monotony at anytime of your own time (that's what catalogues are for regarding if you check with me).

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