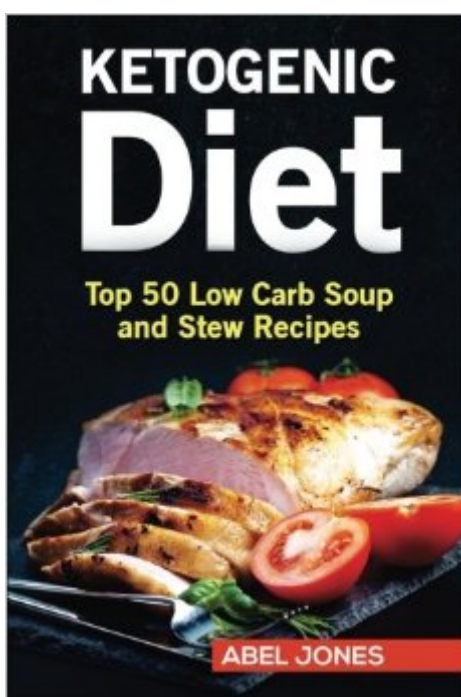


The book was found

The Ketogenic Diet: Top 50 Low Carb Slow Cooker Recipes (Ketogenic Beginners Cookbook, Recipes For Weight Loss)



Synopsis

Feel Incredible and Look YOUR Best with the Ketogenic Diet! 50 DELICIOUS Slow Cooker Recipes that are Quick and Easy to Prepare! This book will help you to understand what the Ketogenic Diet is and how you can use it to Lose Weight and Increase Energy Levels! The Ketogenic Diet is a medically and scientifically proven diet plan in which you avoid all high to mid carbohydrate foods and fill those calories with healthy fats. By doing so the body starts burning up unwanted fat instead of carbohydrate, a natural process called Ketosis. The result? Reduced weight and a slim, healthy YOU within weeks! When you follow the Ketogenic Diet you will experience many benefits: Weight Loss, Appetite Reduction, Increased Energy Levels, Burn Unwanted Fat, Increased Levels of HDL (the "good") Cholesterol, Decrease Levels of LDL (the "bad") Cholesterol, Reduced Blood Sugar and Insulin Levels, Reduce Blood Pressure. Download The Ketogenic Diet: The 50 Best Low Carb Slow Cooker Recipes & you will discover a wealth of nutritious recipes for every occasion: LOADED CAULIFLOWER SOUP, SPANISH CHORIZO SOUP, KETO GARLIC GNOCCHI SLOW COOKER, OXTAIL STEW, ITALIAN GNOCCHI SOUP, BOLOGNESE MINCE, CREAMY SLOW COOKER CHICKEN & TOMATO SOUP, SLOW COOKER EASY EVERYDAY CHICKEN SOUP, CURRIED CAULIFLOWER SOUP, SLOW COOKER CREAMY ZUCCHINI SOUP, SLOW COOKER CREAM OF TOMATO SOUP, SLOW COOKER CREAM OF BROCCOLI & MUSHROOM SOUP, SLOW COOKER CHICKEN BACON CHOWDER, HEARTY BEEF STEW, MADRAS LAMB CURRY, SLOW COOKER THAI NUT CHICKEN, FARMHOUSE LAMB & CABBAGE STEW, SLOW COOKER SEAFOOD STEW. Full nutritional breakdown in all the recipes so you can keep track of your calories! SUPERCHARGE YOUR METABOLISM USING THE POWER OF KETOSIS! Order Your Copy of The Ketogenic Diet: The 50 BEST Low Carb Slow Cooker Low Carb Recipes That Burn Fat Fast Right away! You'll be so glad you took this healthy step!

Book Information

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Customer Reviews

I love the recipes on chapter 3. Ketogenic diet never fails to amaze me with sumptuous and healthy recipes at all times. Me and my husband tried the curried chicken stew and the whole family loves it!

There are lots of Ketogenic books out there and so far this one I find very helpful. It is noticeable well-researched which gives an assurance that the information provided in this book are accurate. It was only now that there is such thing as carbohydrate addiction! Thatâ™s an eye opener for me to be honestâ that explains the chocolate addiction. Lol. Also, there are additional details provided in each recipe which includes the calories, carbs, minerals, etc. which is very helpful for readers to be well â “informed of the things they eat. Nice book and definitely a must-have!

Weight loss and dieting are topics that many people struggle with it. One of the solutions of this problem is ketogenic diet. I could not agree more with this book because of its benefits and easy to prepare home made recipes that fits your budget. It will teach you exactly how the ketognc diet works, it's benefits, how to enter into ketosis, as well as dozens of delicious low carb recipes to start your ketogenic meal plan. This book fulfilled my expectation and by reading this book I am pleased.

Best Low Carb slow cooker recipes in this book to burn fat fast. Through the process of ketosis, our system can get changes and eventually show up in the physical appearance which is our weight or those fats that we'd like to burn. One part of this book explained the relationship between our hormones and the ketogenic diet. If you also want to know signs and symptoms of ketosis, it is outlined in this book. I would love to try loaded cauliflower soup one day for my girlfriend.

I have read a few Ketogenic diet cookbooks and I can safely say that this is one of the cleanest book written on the subject. What I liked the most about this book is that the author provided the general guidelines and instructions for every meal of the day. There are some delicious recipes in this book which has low fat. Everyone would have some healthy foods recipes from this book. I am definitely trying these.

What an amazing guidebook for people who want to learn the process in this ketogenic diet so that they will be able to get started with this kind of diet properly, this book will provide you with detailed instructions and a bunch of low carb slow cooker recipes. What I like more about this book is. It is detailed, concise and well written.

This cookbook is fantastic and helpful. By the help of this book I have learned some low carbohydrate slow cooker recipes. Inside of this book the author has also described about how to lose about weight by eating these meals. By reading this book I have understood more about Ketogenic diet. This also guided me about how I can use it to lose weight and increase energy. A few weeks ago, my cousin suggested me about for that reason I purchased this book. Actually, I had a huge interest about this diet plan and slow cooker low carbohydrate recipe. This book fulfilled my expectation and I have learned lots of new recipes by reading this book. I liked most of them. The author has described everything very clearly and step by step. I am glad to read this cook book and it is one of my best reads.

Excellent resource for anyone following a Ketogenic (high fat/low carb) diet! And some tasty recipes. A very informative and a good guide for beginners. The recipes listed are very helpful and doable as well. If you're looking to get into the Ketogenic lifestyle or you're already a pro, this book has something for everyone. Highly recommended!

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