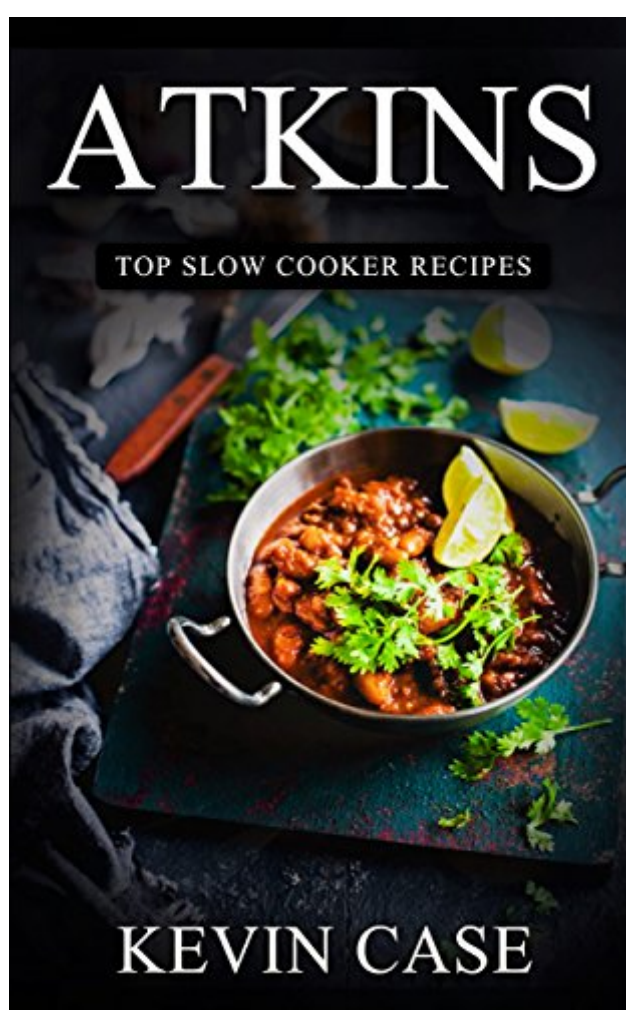


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# **Atkins Diet: The Top 230+ Approved Slow Cooker Recipes For Rapid Weight Loss With 1 FULL Month Meal Plan (The Ultimate Beginners GuideÂ©, Atkins Cook Book)**



## Synopsis

If Delicious Atkins Slow Cooker Recipes are What You Seek, then Look No Further. Why Use a Slow Cooker? Using a Slow Cooker is the Best and Easiest way to save time and still prepare a nutritious Atkins meal. Assemble the meal in the morning, add all ingredients into the Slow Cooker and at the end of the day Viola! Your Atkins Dinner is ready without any mess or dishes to clean! By the same token, add one of these delicious breakfast slow cooker preparations before going to bed and wake up to a delightful meal in the morning that can be had as breakfast or brunch. The device requires only a very small amount electricity only to do its work and when compared with a standard oven, a slow cooker uses a lot less energy. And just because you're saving time and money doesn't mean you're sacrificing taste. Vegetables cooked in a slow cooker can absorb stocks, bone broths and spices, giving them fuller flavors. Some of the Profound Benefits You will Experience when consuming these Atkins Recipes: Accelerated Fat Loss Increase Energy Levels & Vitality Appetite Control Improved Mental Focus Lower Blood Sugar & Cholesterol Hormonal Balance This Book is split up into Three Sections sections: The First covers Simple Atkins Breakfast Slow Cooker Recipes The Second contains Sumptuous Brunch & Lunch Slow Cooker Recipes The Third contains Deliciously mouthwatering Dinner Slow Cooker Recipes The recipes in this book are like no other on the market, and careful attention has gone into pairing the simple yet intricate flavors. Here Is A Preview Of The Easy-to-Prepare Recipes you will find in this book: Pumpkin Pie with Almond Meal Breakfast Sausage and Peppers Mix Omelet Summer Squash Casserole Chives and Bacon Breakfast Omelet Courgette Sausages and Bacon Casserole Breakfast Pizza Crockpot Turkey and Eggplant Braise Smoked Paprika Pork Tenderloin Soupe a L'oignon Crockpot Spinach-Feta Stuffed Chicken Breasts Slow Cooker Ground Beef and Pumpkin Chili Keto Seafood Soup Slow Cooker Lobster Bisque Hungarian Rhapsody Cabbage Stew Braised Apple Cider Pork Keto Peppermint Lamb with Green Beans Keto Seafood Chowder (Crock Pot) Keto Slow Cooker Grouper and Shrimp Soup Mediterranean Keto Monkfish Stew Slow Cooker Lamb with Mushrooms Haricot Who says Atkins meals are difficult to prepare? ... Let this book guide you as you start your journey to a healthier, happier, fitter and more successful life! ...

## Book Information

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## **Customer Reviews**

This is such a great book! It brings all the information past and present into one easy read book. Written so everyone can understand the process and the science behind this program. This new book is wonderful. I thoroughly enjoyed all the science behind the diet, and made sure to be responsible enough to do my own research into the claims the book made.

Great introduction to the Atkins diet with great recipes to keep me going with a varied & healthy diet. There's been so much miss-information about the Atkins diet over the years, which prevented me from trying it out years ago. Thankfully books like John's have come along to dispel the miss-information. The introduction alone was great, but the recipes are what have really kept me coming back to this book to explore new meals. Having this book on my kindle app available with me everywhere I go has made it so easy to investigate new recipes and buy ingredients without shopping lists/etc. If your considering the Atkins diet - definitely recommend considering this book!

This book will give you all the tools necessary to learn how to properly eat and learn to keep the pounds off for life. With the weight off, you will feel both physically and emotionally great. Don't waist more time in your life and download this life changing book and start your new life. In addition to losing weight and maintaining your figure, the Atkins diet can also improve your energy levels, steady your moods, and avoid the cycle of sugar rush and crash. You can even lower your triglyceride levels, increase your hdl, lower your blood pressure, and reduce your insulin and blood

sugar levels!

Atkins low carb diet program seeks to help maintain our dietary options that would last making it a habit at the same time making it a lifestyle. This book contains a daily meal plan that provides a wide variety of dietary options aimed at reducing excess body fats which ultimately leads to weight loss. The importance of Atkins diet and using a slow cooker is explained in details. The recipes are scrumptious you would not notice you are on a diet. Furthermore, everything is easy to prepare making life more convenient

I may not have been familiar with the Atkins diet when I started but Kevin's book definitely didn't stop me from admiring some of the recipes he shared in this book. Over the weekend I decided to try them out and they were delicious. Although my first attempts may not have been perfect they still tasted better than some of my previous "diet" meals. I would highly recommend my personal favorite the Turkey and Eggplant Braise and my wife's favorite the Smoked Paprika Pork Tenderloin. Made for an interesting weekend!

This book really helps a lot for me to improve my weight loss diet. This would really become my secret weapon for fighting weight once and for all. I'm going to clean up my bad habits of eating and start cooking these slow cooker recipes being laid down in this book. I was a little bit discouraged of losing weight but this book is really helpful and very much encouraging. This book is of great value and deserves a more readers to avail of this. Great job!

Our bodies have certain backup systems in store and in such an event, the body can tap into the protein content in our muscle tissue for energy. But, this is not an optimal solution as this would mean that your muscles get degenerated making it very difficult to handle even the simplest of tasks. The other option, which is the most viable, is the body can turn to your liver which can convert fat into ketones that the body then uses for energy.

This is such a good book that was introduced from my friend such a nice introduction about the new diet that I have learnt and that is Atkins. I would say that I am in a situation where I end up eating out a lot. With my other diet, this just made me feel more frustrated. But on this plan, I feel like I can stick with it anywhere. If I'm in a high end place, it's all about the meat/fish and veggies anyway.

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