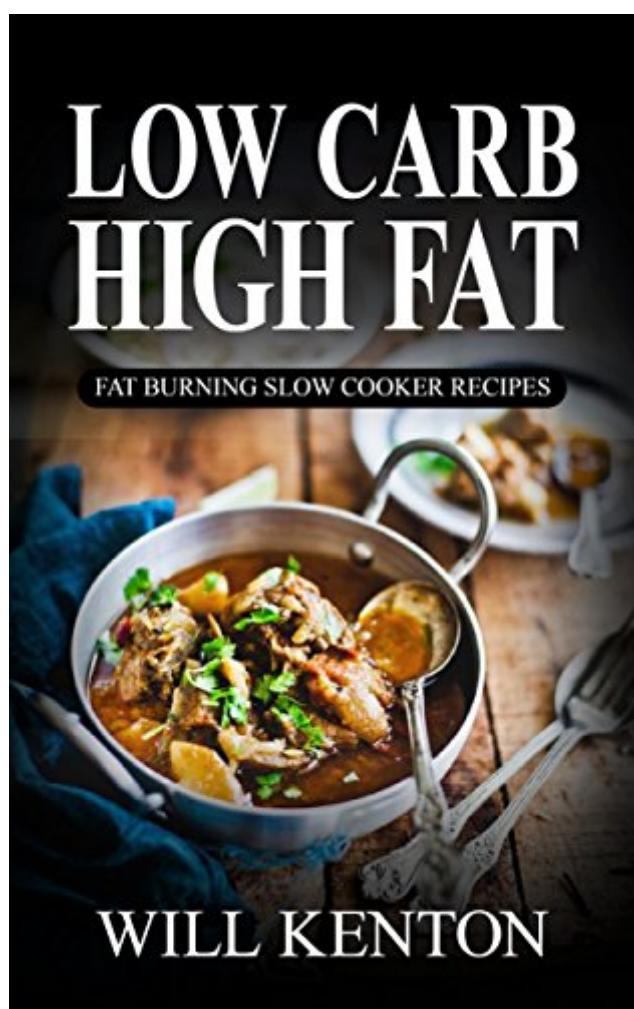


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# Low Carb: The Low Carb High Fat Diet With Over 200+ Delicious Slow Cooker Recipes & One Full Month Meal Plan (The LCHF Weight Loss Cookbook®)



## Synopsis

The Essential Slow Cooker LCHF Guide....This book includes the Top 200+ Low Carb High Fat Slow Cooker Recipes & 1 FULL Month Meal PlanIntroducing the Revolutionary LCHF Diet Slow Cooker Edition...This Comprehensive book will provide Scientifically Proven Strategies to help your body Burn Fat by going Low Carb High Fat.You will also find one FULL month meal plan to make the transition easy!What is the LCHF Diet?A LCHF diet means you eat fewer carbohydrates and a higher proportion of fat. Most importantly you minimise your intake of sugar and starches. You can eat other delicious foods until you are satisfied â€“ and still lose weight!Why?Because your body will start to utilise FAT stores instead of CARBS, resulting in RAPID WEIGHT LOSS!This book will use a step-wise approach to take you through the LCHF Diet and further beyond into the practical application of making healthy and super tasty recipes.The LCHF lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.This book will teach you exactly what you need to know about the LCHF Diet as well as its many Advantages and Health Benefits.Have a look Inside...Why is the Population Becoming Fat?What Is A LCHF Diet?The Benefits of A LCHF DietAre LCHF Diets Safe?Shopping Advice for LCHF DietersEating Out On A LCHF DietMaintaining A LCHF DietCommon Mistakes On A LCHF Diet1 FULL Month Meal PlanHere Is A Preview Of The Fat Burning recipes you will find in this book:Chives and Bacon Breakfast OmeletCourgette Sausages and Bacon CasseroleSpicy Breakfast CasseroleBreakfast Mulberries Almond MashSlow Cooker Bacon Mushroom BreakfastCrock Pot Broccoli and Sausages BreakfastBrussels Sprouts and Sausage CasserolesSlow Cooker Ground Beef and Pumpkin ChiliSlow Cooker PizzaGround Turkey and Eggplant BraiseSlow Cooker Beef RoastTasty Pork CassouletSpicy Red Cabbage with Bacon and SausagesTasty Chicken & Bacon ChowderCreamy ChickenBeef with Red CabbageCreamy Chicken & Pumpkin StewCajun Sweet Potato & Chicken StewBalsamic PorkOxtail StewLoaded Cauliflower SoupFULL Nutritional Breakdown with EACH recipe so you can keep track of your Calories!â€“...â€“...Start your LCHF journey today with these Nutritious Recipes that will guide you to unlimited health and vitality!â€“...â€“...

## Book Information

File Size: 1095 KB

Print Length: 488 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 10, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LZR1KWM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #125,364 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #50

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in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews #135

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## **Customer Reviews**

I think this book has been so generous in giving more than 200 recipes that are Low Carb High Fat. I find this book very useful and helpful since this is what we need in these times when we are bombarded with unhealthy food everywhere we look. And what is amazing about this book is that it has prepared a full month's meal plan that anyone can use. If there were pictures, this book would have been so perfect. But on top of this, I still find this a worthy grab.

This is very good book study about the low carb diet. This is very helpful guide book. This book will give you a delicious recipes that contains low carb which is very useful in loosing weight. This Comprehensive book will provide Scientifically Proven Strategies to help your body Burn Fat by going Low Carb High Fat. Highly recommended for everyone.

If you want to loose weight and see result in just 1 month you will definitely need this book. This book will give you a delicious recipes that contains low carb which is very useful in loosing weight. Too much intake of carbohydrates is one of the trigger that makes us fat that is why this book lessen this to help us reduce weight.

One of the reasons why I like this book is because I think the author has presented the topic in a very detailed manner. Basically, he has explained well the definition of low carb eating which basically sets the idea of the whole content of the composition. The content appears to be even

more realistic and convincing with all the supporting information provided by the writer. In general, the book is an evidence of a universal guideline which will instruct and motivate a lot of health-conscious individuals on how to manage successful and healthy low carb diet meal plan.

This book is written in a clear format, with an "easy to understand" scientifically researched presentation. This book is a great starting point for low carb dieters. They explain the concepts in plain English and provide tips not found in other books that help you to stick with it. Have lost 11 pounds thus far and have ordered their other book, too. This book includes the basic principles, daily menu examples, a weekly shopping list example, a list of compliant foods, and many recipes to pick and choose from. If you are researching this lifestyle, this is the book to start with.

I love slow cooker meals despite having to wait long hours before the dish is ready to be served and this one did not disappoint. Tried two recipes so far, ones that I already know how to cook so I know exactly if the other recipes are good, and to my delight, the ones I've tried are better than the recipes I used to follow. Following the recipes here from now on. By the way, I'm not into any kind of diet atm but I'm pretty sure that for those who are into low carb diet, it's a great recipe book to own.

This Comprehensive book will provide Scientifically Proven Strategies to help your body Burn Fat by going Low Carb High Fat. You will also find one FULL month meal plan to make the transition easy! This book will use a step-wise approach to take you through the LCHF Diet and further beyond into the practical application of making healthy and super tasty recipes. This book will teach you exactly what you need to know about the LCHF Diet as well as its many Advantages and Health Benefits. I really like this book.

The recipes in this book will be a great ideas to have with family and friends. It provides a list of foods that are low carb and lot of information in this book. There are also helpful recipes to try and very satisfying. I found the recipes a very effective in low carb diet and I would say it effective guide. This book helps you to understand the low carb diet and the health benefits. Definitely recommend for anyone eating low carb!

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CookbookÂ© Low Carb High Fat 101: 20+ Best Recipes and Weekly LCHF Meal Plan, LCHF Explained, Ketogenic Diet and Fat Adapted Training Low Carb: The Low Carb High Fat Diet with Over 200+ Decadent Dessert Recipes (The LCHF Weight Loss CookbookÂ©) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Slow Cooking - Top 500 Slow Cooking Recipes Cookbook (Slow Cooker, Slow Cooker Recipes, Slow Cooking, Meals, Slow Cooker Chicken Recipes, Crock Pot, Instant Pot, Pressure Cooker, Vegan, Paleo) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Paleo Bible: Paleo Slow Cooker Recipes: Top 160+ Slow Cooker Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Diet Cookbook) Atkins: Top Slow Cooker Recipes: The Top 170+ Approved Slow Cooker Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners Guide, Atkins Cook Book) 100 Slow Cooker Recipes: Get 'em! Mix 'em! Leave 'em! (Slow Cooker Recipes, Crockpot Recipes): Big Slow Cooker Recipes Cookbook - The 100 Slow Cooker Recipes Slow Cooker: 100% VEGAN!: Irresistibly Good & Super Easy Slow Cooker Recipes to Save Your Time & Get Healthy. (Slow Cooker, Crockpot, Crockpot Recipes, Vegan Slow Cooker) Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Low Carb: The Low Carb Cookbook BIBLEÂ© with over 350+ Delicious Recipes & One Full Month Meal Plan (1 YEAR of the Best Low Carb Recipes for Rapid Weight Loss) The Ketogenic Diet: The 200 BEST Low Carb Recipes That Burn Fat FastÂ© Plus One Full Month Meal Plan (Ketogenic Beginners Cookbook, Recipes for Weight Loss, Paleo) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Weight Watchers: Top Slow Cooker Recipes: The Smart Points Cookbook GuideÂ© with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) 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)