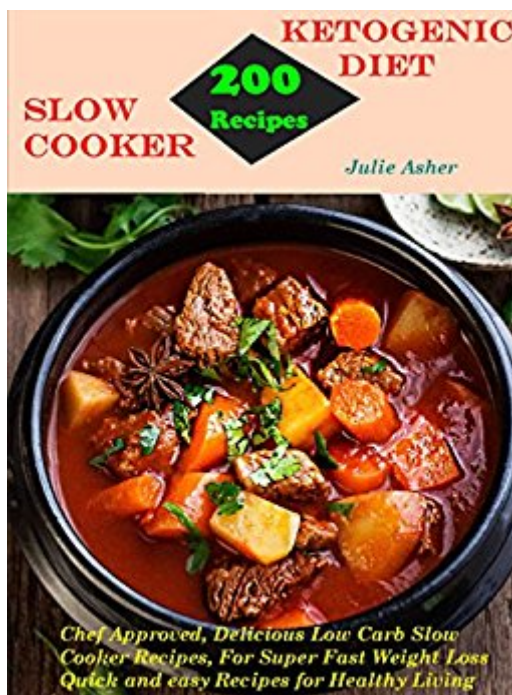


The book was found

# Ketogenic Slow Cooker Recipes: 200 Keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick And Easy Recipes For Healthy Living



## Synopsis

Set and Forget with this amazing 200 Ketogenic slow cooking recipes , crock pot recipes, Quick and easy Recipes for Healthy LivingThe ketogenic diet is the new way to live. It's a method that promotes fat burning to the max. The diet is characterized by low carbs and high fat portions in your diet. Look and feel great in no time! Your energy levels will be through the roof, and it also reduces your risk of developing chronic diseases to boot!This Ketogenic slow cooker recipe book shows you a wide variety of ketogenic diet recipes in a most simplistic and convenient manner. These recipes go hand-in-hand with the slow cooker, and is built especially for the creation of healthy dishes. So long as you stick to the diet and follow this ketogenic slow cooker recipes in this book, you'll be well on your way to ridding yourself of that stubborn and clingy fat. So simple a diet and yet it is powerful. By the time you've gotten used to the diet, you'll be surprised at how far you've come. Super fast, quick and easy. You'll wow yourself and others every time you look into the mirror!The benefits of ketogenic diet are so manyRapid loss of weightImproved sleeping patternsFeel more energizedReduce excess inflammationBetter heart healthReduce your wrinkles for a more youthful appearanceReduced incidence of developing diseaseAnd tons more!You'll be begging for more of these ketogenic slow cooker recipes once you've begun. Give this fast, simple and sustainable diet a try, and you'll be shedding pounds in no time!GRAB YOUR COPY OF THIS KETOGENIC SLOW COOKER RECIPES TODAY AND ENJOY THE NEW HOT AND HEALTHY BODY IN NO TIME

## Book Information

File Size: 2189 KB

Print Length: 279 pages

Publication Date: June 21, 2017

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B07337M73F

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #47,562 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1

inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions > Party

Planning #4 inÃ Â Kindle Store > Kindle eBooks > Medical eBooks > Nursing > Nutrition #5

inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Appetizers

## Customer Reviews

This is the second Keto cookbook I purchased and I'm pretty happy with it. I like to prepare the meal in the a.m. and have it ready for lunch. Many are very tasty! The downside is that the table of contents puts everything in page order, and the names of the recipes have adjectives so it's difficult to find the one you're looking for. I did buy the Kindle version first in case I wouldn't like the recipes so I can go on there and do a word search and then go back and find the recipe by it's official name. I have to say that most of the recipes have too much liquid in them and I haven't figured out how to thicken them w/o using corn starch or flour. I think this is a collection of recipes people submitted so sometimes things aren't quite right. One recipe said to cook broccoli, spinach and ham in the cooker on low for 8 hours. It was easily done in 4 hrs on low and way overcooked at 8 hrs.

This is a very helpful guidebook for recipes. I have prepared several meals following these recipes, and I can say that the recipes in this book are well written and I also found them to be very delicious. The author also does a great job for motivating you to stay on track, giving you many tips and advice for staying on ketogenic diet, such as being able to plan your meals ahead of time. I highly recommended this book to everyone.

Great recipe book. Makes preparing ketogenic food easy, simple and straightforward. I'm so glad I got this book. If you need a great guide on the ketogenic way of eating, you sure do need this recipe book. I love the simplicity and ease to understand the recipe. Now I do not have to keep thinking of what to make and how to make it. I just open my kindle, pick any food of my choice and follow the steps and voom my food is ready.

Great book i have used several recipes that have came out well . my favorite so far is the sweet potato chill. i would highly recommend this for any Ketogenic Slow Cooker Recipes in the process of moving , or on a budget . i would recommend this for any one trying to find high quality cuisine with low effort.

Good CookbookSome of recipes....Nah

Okay, looks like it was done in Word, very low quality printing. That could be forgiven if the recipes were solid, they aren't. While some of the recipes fall into the ketogenic arena I found some that had more carbs than fat and protein combined. That is not a ketogenic recipe by any stretch. My advice if looking for ketogenic or even low carb recipes is to continue looking.

We will be returning this book. First of all, this is obviously a self published cookbook. The formatting is terrible, as is the cover, despite what other reviews say. Virtually every page has some sort of error, be it formatting, grammar, punctuation, or even looking like some of the recipe is missing. Two separate pages thank the reader for \*downloading\* the cookbook. No editor ever touched this beforehand. With all these issues, I am leery to trust the nutritional info given. Worst is the actual recipes. With a ketogenic diet, fat is the focus, but many of these recipes have a much greater content of protein and even carbs. These recipes may be tasty and easy, but it would be a stretch to call it keto.

It has true keto recipes and most of them are keepers. I did most of the recipes and consider keto friendly. This book will therefore show you how easy it is to combine the lifestyle changes of the Ketogenic diet with the convenience of slow cooking, and never will you feel that you have sacrificed the taste of your food!

[Download to continue reading...](#)

Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) CROCK POT: Delicious, Healthy Crock Pot Recipes (2100 Crock Pot Recipes Cookbook, Clean Eating, Crockpot, Healthy Crock Pot, Crock Pot Chicken, Crock Pot Recipes Cookbook) Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes,

low carb, low carb ... dinner recipes, low carb diets Book 1) CROCK POT Dump and Go Recipes: Quick and Easy Meals Ideas for When You're In a Hurry: (Crock pot recipes, Slow Cooker recipes, Crock Pot Dump Meals, Crock Pot cookbook, Slow Cooker cookbook) CROCK POT: Delicious Freezer Meal and Dump Meal Recipes for Busy People (Crock Pot, Crock Pot Cookbook, Crock Pot Recipes Cookbook, Crockpot Cookbook, ... Dump Meals, Crock Pot Freezer Meals Book 1) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners (Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb ) (Cookbook delicious recipes 1) CROCK POT: 500 Best Crockpot Recipes (crockpot cookbook, slow cooker recipes, crock pot meals, paleo, vegetarian, crock pot, crock pot cookbook, crockpot freezer meals, slow cooker cookbook) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Cookbook) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Vegan Ketogenic: The Complete Low-Carb Vegan Ketogenic Diet and Recipe Guide (Recipe plans, protein, carb, keto, keto living, healthy living, fast weight loss, weight loss, burn and lose belly fat) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) The Keto Crock Pot Cookbook: Top 60 Easy To Prepare Keto Recipes For Your Crock Pot (Keto Crock Pot Series) (Volume 1) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Slow Cooker: Ketogenic Diet: 92 Ketogenic, Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 2nd Edition (Low Carbohydrate, ... Watchers, Ketogenic cookbook, Keto Diet)

[Contact Us](#)

DMCA

Privacy

FAQ & Help