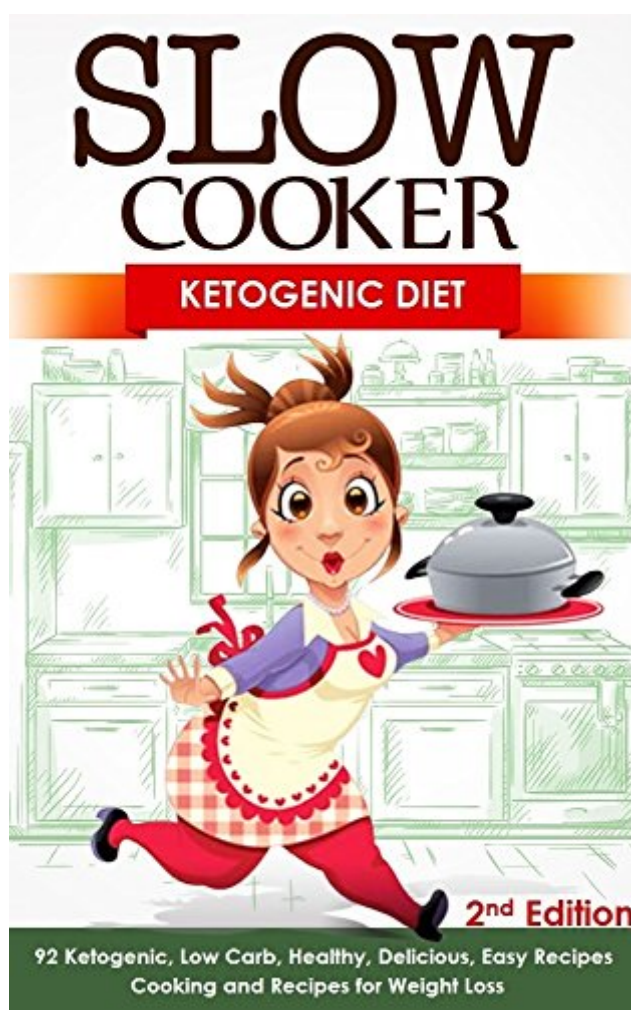


The book was found

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)





Synopsis

WOULD YOU LIKE TO TRY A DIET THAT ALLOWS YOU TO ENJOY DELICIOUS FOOD WITH APPROPRIATE AMOUNTS OF FAT, PROTEIN, AND CARBS? Nutritional Facts included with all recipes!!! I bet you do, and this book is the perfect reference for you! A ketogenic diet offers many benefits, the best of which is that helps transition your body from using glucose to using fat as fuel. What this means for you is that you get to enjoy great tasting food without sacrificing your well-being with the added bonus of losing some of that extra weight. The question is how do you get started? Look no further than this book. Although a ketogenic diet requires careful meal planning, you will find everything you need to get started on your own ketogenic meal plan in this book. So take out that slow cooker and get ready to start cooking! Here is what this book has in store for you: Over 90 delicious recipes Brilliant breakfast meal ideas Comforting soups and stews Unique poultry and seafood entrées Savoury pork entrées Delicious beef entrées **ACT NOW AND HIT THE DOWNLOAD BUTTON!** Start preparing delicious and healthy meals today!

Book Information

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Watchers

Customer Reviews

Some decent looking recipes in here, and I hate to complain about a free ebook, but the fact that none of the recipes list any sort of nutritional value is so inconvenient. As I'm sure most followers of a truly ketogenic diet know, it's so much more than just low carb. It's extremely important to know exactly how many calories you should be consuming on a daily basis based on your personal macros, and what percentage of those calories should be coming from carbs, protein & fat. Makes meal planning so much easier when recipes list all the proper nutritional info, so unfortunately this becomes yet another ketogenic recipe book I will not be using because of this. Bummer :/

I could have written the review entitled "disappointed" nearly word for word. The recipes look good but I only tried a couple because as a very careful follower of a ketogenic diet, I could not appreciate the lack of nutritional information in the version I received. It looks as if there have been changes made to the latest version so perhaps those concerns have been addressed - I am very glad for Arianna Brooks. She deserves praise for her obviously well-intentioned efforts and I wish her great success in the longer run. One other thing, my slow cooker is a two-person size and the recipes for four (all of the ones in this book, I believe) will not fit and would make too much if they did. I have done some customizing to use them but would much prefer not having to do that. There are a great many recipes out there on the net and, I admit, if it is not easy to do - I probably won't. Good luck Arianna, and thanks for the free opportunity to check out your book.

I purchased this book in the hopes to find easy recipes for a ketogenic diet which calls for NO sugar and HIGH fat. The recipes in the book call for low fat dairy products and encourage the use of honey, brown sugar and bread crumbs. The body will not go into ketosis with these ingredients and they certainly won't induce weight loss. What a disappointment. Money not well spent. False advertising.

I was very disappointed. There were no breakdown of nutritional values. I do not need soup recipe for 20. Most recipes were too heavy in the carb department for our family. Might be two recipes I would use. Please this does not follow the required macros of the keto diet as I am familiar; 5% carbs, 20 % protein and 70%+ fat .

Reducing on the intake of carbs has become one of the most discussed health issues together with the fight to reduce Body weight. But you can do this while you have a good meal at the same time, so

take your time and read through this book, Am sure you may take some recipes to try out and see the results, Am on the same diet while I accompany it with my Tea cleansers to replenish my body with healthy food as I reduce the body wastes.

As someone on Keto, its sometimes just the same old same old thing you are eating day in and day out. Even with resources online and reddit, sometimes its nice to have a resource right on my kindle and I can take it to the kitchen or grocery store to get some yummy keto grub! I'm trying the sausage cheesy eggs tomorrow morning and have 3-4 new meals I'm going to try this week!

I have never heard about this diet and wanted to know more about this no sugar diet that transition ones body to use fat instead of glucose for body fuel. This book have tons of recipes with guided steps and preparation strategies supporting this diet. A quick and easy guide

The book is full of various recipes that you can start to add to your daily diet when you decided to start the ketogenic diet.If you want to lose weight and looking for an interesting recipes of ketogenic diet then this book is definitely for you.

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