



Ketogenic Slow Cooker Recipes: Quick and Easy, Low-Carb Keto Diet Crock Pot Recipes for Weight Loss and a Healthier You

Heather Somers

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You won't believe you are on a diet with these delicious kitchen-tested low-carb (8 grams or less) ketogenic slow cooker recipes for weight loss! Living the Ketogenic lifestyle is all about eating delicious, healthy whole foods that keep carb counts low and energy high so you can become a fat burning machine! And now there is even better news for those of us trying to maintain our Ketogenic eating habits while maintaining a go-go-go lifestyle – the slow cooker. The Ketogenic Slow Cooker Recipes cookbook contains delicious recipes that take 20 minutes or less to prepare before you put it in the slow cooker. The recipes contain, for the most part short, simple lists of ingredients. All of this means you can toss your ingredients into the slow cooker in the morning and have a home-cooked Ketogenic-friendly meal waiting for you in the evening. Most importantly, each of the recipes contains 8 grams or less of carbs per serving, and that will ensure your body maintains its ketosis state and make your body burn fat naturally and lose some weight. The recipes provided take you from morning to night with delicious breakfast options like Crimini, Sausage and Cheese Strata, and a delicious take on oatmeal without any of the actual carb-rich oatmeal. Meal options include delicious versions of your cozy favourites like Meaty Cauliflower Lasagna and BLT Chicken Salad, or elegant dishes like our Fig and Goat-Cheese Stuffed Chicken or Braised Pork Belly. If you're hosting a party or simply inviting a few friends over, you can rest assured your appetizers are being whipped up in your slow cooker as you attend to your other errands. The appetizer selection includes lovely Portabella Pizza Bites, Creamy Asiago Spinach Dip, and a beautiful Asparagus Bacon Bouquet. The delicious, low-carb meals created for you in the Ketogenic Slow Cooker Recipes cookbook makes it even easier to stick to your Ketogenic plan and ensures your road to health, and wellness is a smooth and delicious one. Grab your copy now!

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