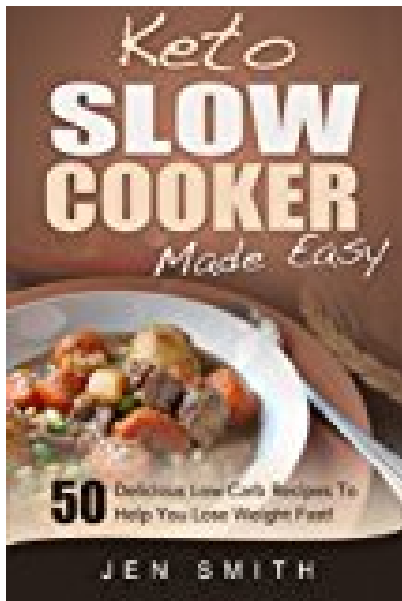


Keto Slow Cooker Made Easy 50 Delicious Low Carb Recipes To Help You Lose Weight Fast!



BOOK DETAILS

- Author : Jen Smith
- Pages : 62 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1505414997



BOOK SYNOPSIS

Feel Incredible and Look YOUR Best with the Ketogenic Diet! 50 DELICIOUS Slow Cooker Recipes a that are Quick and Easy to Prepare! This book will help you to understand what the Ketogenic Diet is and how you can use it to Lose Weight and Increase Energy Levels! The Ketogenic Diet is a medically and scientifically proven diet plan in which you avoid all high to mid carbohydrate foods and fill those calories with healthy fats. By doing so the body starts burning up unwanted fat instead of carbohydrate, a natural process called Ketosis. The result? Reduced weight and a slim, healthy YOU within weeks! When you follow the Ketogenic Diet you will experience many benefits: Weight Loss Appetite Reduction Increased Energy Levels Burn Unwanted Fat Increased Levels of HDL (the "good") Cholesterol Decrease Levels of LDL (the "bad") Cholesterol Reduced Blood Sugar and Insulin Levels Reduce Blood Pressure Download The Ketogenic Diet: The 50 Best Low Carb Slow Cooker Recipes & you will discover a wealth of nutritious recipes for every occasion: LOADED CAULIFLOWER SOUP SPANISH CHORIZO SOUP KETO GARLIC GNOCCHI SLOW COOKER OXTAIL STEW ITALIAN GNOCCHI SOUP BOLOGNESE MINCE CREAMY SLOWCOOKER CHICKEN & TOMATO SOUP SLOW COOKER EASY EVERYDAY CHICKEN SOUP CURRIED CAULIFLOWER SOUP SLOW COOKER CREAMY ZUCCHINI SOUP SLOWCOOKER CREAM OF TOMATO SOUP SLOW COOKER CREAM OF BROCCOLI & MUSHROOM SOUP SLOW COOKER CHICKEN BACON CHOWDER HEARTY BEEF STEW MADRAS LAMB CURRY SLOW COOKER THAI NUT CHICKEN FARMHOUSE LAMB & CABBAGE STEW SLOW COOKER SEAFOOD STEW FULL nutritional breakdown in all the recipes so you can keep track of your calories! SUPERCHARGE YOUR METABOLISM USING THE POWER OF KETOSIS! Order Your Copy of The Ketogenic Diet:The 50 BEST Low Carb Slow Cooker Low Carb Recipes That Burn Fat Fast Right away! Youll be so glad you took this healthy step!

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