



Ketogenic Slow Cooker Cookbook: 100 Irresistible Low-Carb Slow Cooker Recipes That Will Help You Shed Weight, Prevent Disease, and Boost Your Confidence (Paperback)

By Vanessa Olsen

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.FREE BONUS INSIDE! Subscribe to my newsletter and receive 4 amazing eBooks on the Paleo diet, clean eating, smoothie recipes, and gluten free as a welcome gift! Slow cook your way to better health! Slow cookers have been around for decades and are a staple in most homes, but did you know just how good of a tool they are when it comes to cooking healthy food? This book walks you through how to use a slow cooker, how to find the best one for your family, and why its versatility and convenience can make the ketogenic diet easier. What is the ketogenic diet? It s the low-carb, high-fat diet of your dreams that lets you eat full-fat dairy, steak, vegetables, and more. This book will explore the science behind ketosis, which is when the body relies on ketones instead of protein or carbs for fuel, as well as how to power through rough patches of the journey. You ll also find advice on grocery shopping and pantry stocking. Substitutions like cauliflower rice, cauliflower mash, zoodles, and spaghetti squash make giving up...



Reviews

It in a single of my personal favorite ebook. Better then never, though i am quite late in start reading this one. I am effortlessly will get a satisfaction of reading a published ebook.

-- Ms. Lavada Krajcik

Comprehensive guideline for book lovers. It can be filled with knowledge and wisdom I realized this publication from my dad and i suggested this pdf to find out.

-- Ted Schumm

See Also



Quick Easy Ketogenic (Lchf) Cooking with Beginners Guide: Delicious Low-Carb, High-Fat Recipes for Maxi-Mum Weight Loss and Improved Health (Paperback)

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Live the Ketogenic Diet Easily and Deliciously! You love your Paleo or low-carb diet, but is it enough to give your metabolism...



Stage Star Power: Command the Stage, the Stage Is Your Moneymaker, How to Master Your -Live Stage Show Performance-, It s Time to Achieve the Results Your Band Deserves, So All Your Hard

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****.STAGE STAR POWER What is it? Stage Star Power is a special fire in the performer's soul. Their charisma is viral....



Paleo Diet for Beginners: A Comprehensive Guide to Healthy Eating *** Bonus Paleo Meal Plan! *** (Paleo Diet, Paleo Diet for Beginners, Paleo Diet Recipes, Paleo Diet Cookbook) (Paperback)

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****.Lose Body Fat, Stay Healthy And Gain More Energy-Includes Paleo Meal Plan! *** LIMITED TIME OFFER! GET THIS BOOK AT THE DISCOUNTED...



Be Your Own Career Coach: The Toolkit You Need to Build the Career You Want b.

Financial Times Prent., 2012. Taschenbuch. Condition: Neu. Gebraucht - Wie neu Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - All the expertise and proven benefits of one-to-one time with a professional career coach, but for a...



Juicing for Weight Loss: 5 Days to Better Health, Easy to Follow Steps and Recipes: Lose Weight Improve Your Health All by Taking Action Today! (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Large Print. Language: English. Brand New Book ***** Print on Demand *****. Discover one of the first steps In finally taking control of your life and that is getting healthy. A great...



Fruit Belly: A 4-Day Quick Fix to Relieve Bloating Caused by High Carb, High Fruit Diets (Hardback)

Primal Nutrition, United States, 2015. Hardback. Condition: New. Language: English. Brand New Book. The title of Swiss author Romy Dolle s, Fruit Belly, refers to abdominal bloat often accompanied by digestive distress; a common result of some basic dietary misconceptions in...