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Easy Low-Carb Slow Cooking: A Prep-and-Go Cookbook for Ketogenic, Paleo Low-Carb High-Fat Diets (Paperback)

By Robin Donovan

Callisto Media Inc., United States, 2020. Paperback. Condition: New. Language: English . Brand New Book. Finally, a Low Carb Cookbook with Prep-and-Go Recipes for Healthy Living Low-carb diets are more popular than ever. Limiting refined carbohydrates and increasing healthy fats and proteins can help you lose weight and improve cardiovascular health. Cooking your own meals is essential when trying to eat a low-carb diet, as dining out or buying prepared foods can make it difficult to adhere to a low-carb lifestyle. With this in mind, Robin Donovan, New York Times bestselling co-author of Dr. Gott's No Flour, No Sugar Diet, has created the ultimate low-carb cookbook. By using healthy, truly low-carb ingredients, Easy Low-Carb Slow Cooking is the only low carb cookbook that allows you to enjoy flavorful meals that are good for your waistline and your wallet. By gearing these recipes to the convenience and ease of the slow cooker, prep time and cleanup has never been simpler. More than 125 prep-and-go slow cooker recipes designed to make a low-carb, high fat diet easier than ever Truly low-carb, high fat dishes that follow ketogenic dietary guidelines, as well as Make It Paleo substitution tips Detailed nutritional information for each recipe,...



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