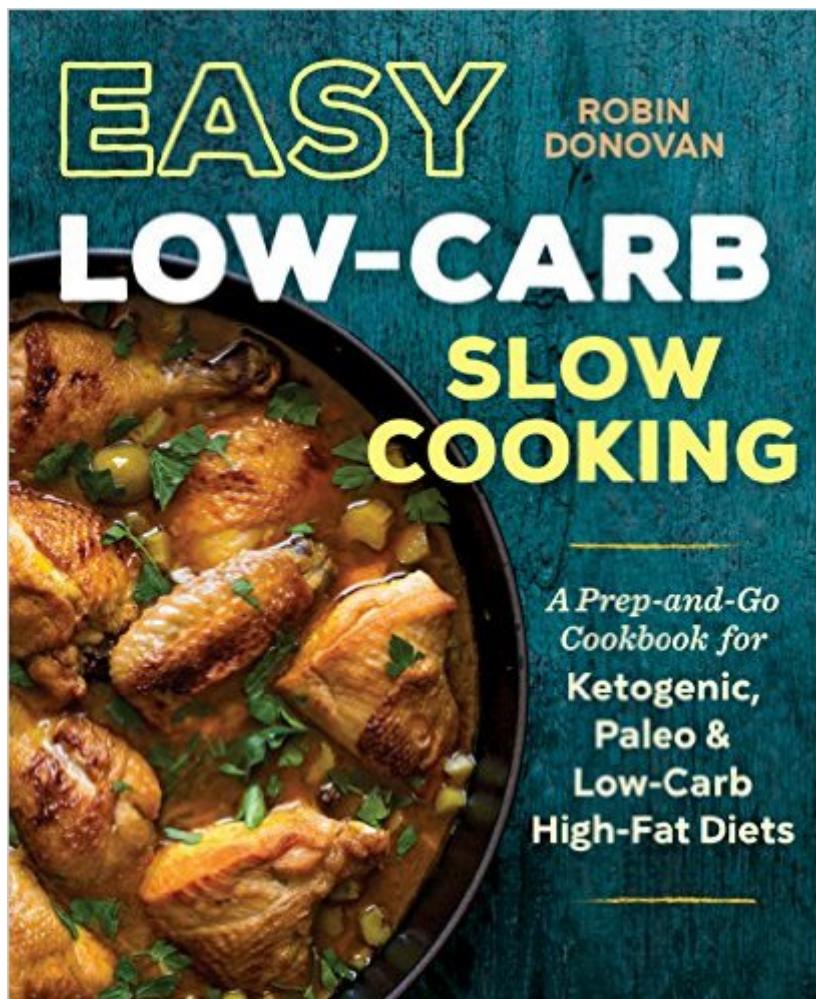


The book was found

Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook For Ketogenic, Paleo, & High-Fat Diets



Synopsis

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, nutrition writer and recipe developer Robin Donovan wrote *Easy Low carb Slow Cooking* • 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, including macronutrient percentages for carbs, fat, and protein Enjoy low carb cooking recipes such as: Frittata with Cherry Tomatoes, Asparagus & Thyme * Cinnamon Crunch Coffee Cake * Curried Broccoli, Cheddar & Toasted Almond Soup * Bacon-Wrapped Chicken with Barbecue Sauce * Thai Red Curry Beef with Coconut Sauce * Chocolate-Macadamia Nut Cheesecake * and more!

Book Information

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Customer Reviews

This is a very well written cookbook by someone who obviously knows what she is writing about as opposed to many of the writers of ebooks. There is a print version of this book according to the

information provided in the book I read. There is a lot of information provided regarding a lot of different diets such as low carbohydrate, ketogenic, paleo, vegan etc. The recipes are organized in a manner so that if you are doing a paleo diet she says to substitute x for y. I think it is a very comprehensive book that is well thought out and well organized. Health and nutrition are considered in each recipe. The recipes have low carb ways of eating some really great sounding dishes. I have one in the crockpot right now and it smells really great. I am very impressed by the way this book is written and organized. In the ebook you can go to the table of contents and click on a recipe to find it and it works very well. The recipes appear easy to understand and to prepare. This is a HUGE book, not a little ebook pamphlet like you are used to getting! I received this product at a discount or free in exchange for an honest and unbiased review of the product based upon my own personal experience. I have not been coached or asked to provide positive feedback, nor have I received any compensation or incentive from the company for this review. I am disclosing this in accordance with the Federal Trade Commission 16 CFR part 255 "guides concerning the use of endorsements and testimonials in advertising". I am not affiliated with this company or any of their products in any way. The views expressed here are my own, based on my personal use and experience with the product, and are unbiased and honest reviews.

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