



Low Carb: Slow Cooker - Over 100 Inspirational Recipes For A Healthier You

Craig Miller

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Do you want delicious easy to make low carb slow cooker recipes that the whole family can enjoy? Do you want to be able to make healthy low carb meals but don't want to spend all day in the kitchen This book could be the answer you're looking for...

Low Carb Slow Cooker Cookbook - Over 100 Inspirational Recipes For A Healthier You

Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that it is actually simple carbs such as sugar and pasta that are making us fat and unhealthy.

By removing simple carbs with healthy fats and protein, the low carb diet forces your body to become a fat burning machine! As a result, you will automatically lose weight, increase your mental focus and decrease your appetite.

This book is designed to take all the hassle out of low carb dieting by providing easy to make delicious low carb slow cooker recipes with all the nutritional information you need

With Low Carb Slow Cooker Recipes You Will Learn..

- Detailed Macro and Micro Nutritional Information For Each Recipe
- Cooking And Preparation Times To Find The Quickest And Easiest Recipes
- Over 100 Slow Cooker Recipes for Breakfast, Lunch, Dinner, and Snacks
- A Straight Forward Explanation on the Low Carb Diet
- The Benefits Of One Slow Cooker and Slow Cooking Tips

Learn How To Make These Delicious Recipes:

- Greek Eggs Breakfast
- Mustard Lemon Salmon Steaks
- Cheese Chicken Chili
- Garlic and Thyme Chicken Breasts
- Chicken and Chorizo Soup
- Apple-Cranberry Turkey Breast
- Pad Thai Chicken with Veggie Noodles
- Greek Stuffed Chicken
- Herbed-Port Pot Roast
- Kimchi Chicken
- Beef Bourgeon
- Braised Tuna and Olive-Orange Tapenade
- And Much Much More!

Get your copy today and started on making delicious and easy low carb recipes!

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