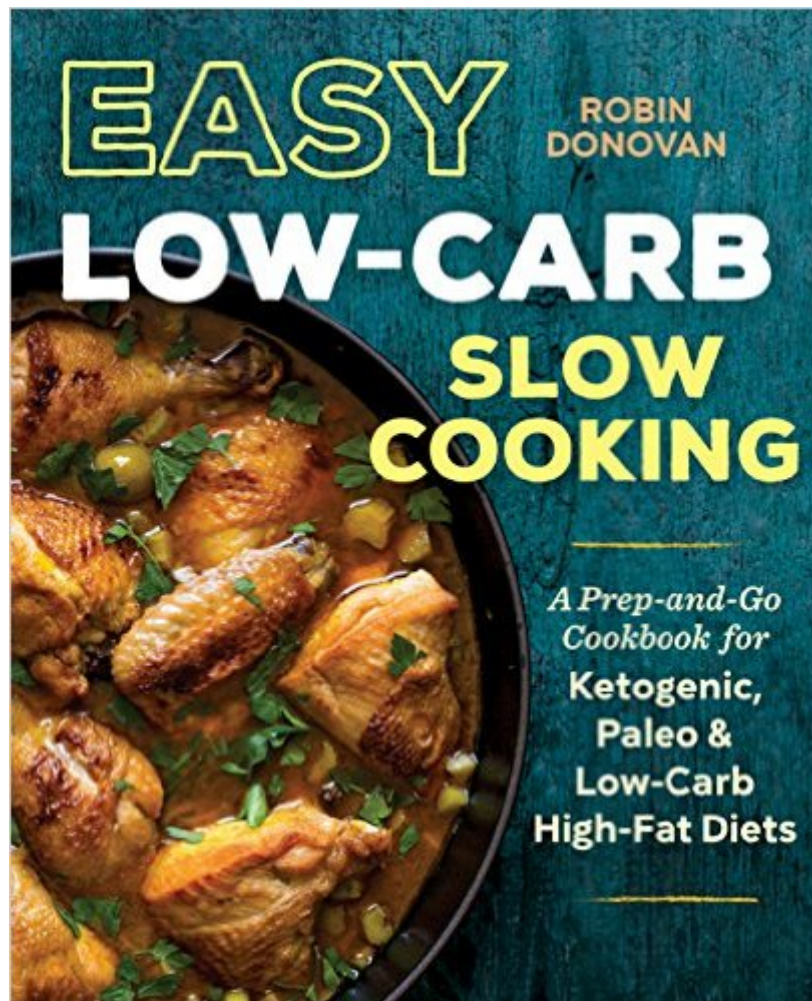


The book was found

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 Cookingâ•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 âœprep-and-goâ• 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 âœMake It Paleoâ• 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

Paperback: 212 pages

Publisher: Rockridge Press (August 16, 2016)

Language: English

ISBN-10: 1623157714

ISBN-13: 978-1623157715

Product Dimensions: 7.5 x 0.6 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ• See all reviewsÂ• (13 customer reviews)

Best Sellers Rank: #12,994 in Books (See Top 100 in Books) #17 inÂ• Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #41 inÂ• Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate #44 inÂ• Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking

Customer Reviews

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

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.

[Download to continue reading...](#)

Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets
Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat)
Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss
Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker)
The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body
Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies)
Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking)
Low Carb: The Low Carb Dessert BIBLE! with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert Cookbook for Rapid Weight Loss)
The Complete Paleo Slow Cooker: A Paleo Cookbook for Everyday Meals That Prep Fast & Cook Slow
The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more!
Ketogenic Diet: 250+ Low-Carb, High-Fat Healthy Keto Recipes & Desserts + 100 Keto Tips, Tools, Resources

& Mistakes to Avoid The Ketogenic Kitchen: Low carb. High fat. Extraordinary health. Paleo: 30 Day Paleo Challenge: Unlock The Secret To Health And Dramatic Weight Loss With The Paleo Diet 30 Day Challenge; Complete 30 Day Paleo Cookbook with Photos The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Low Carb Living Cookbook Box Set: Low Carb Recipes for Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves Keto Bodybuilding: Build Lean Muscle and Burn Fat at the Same Time by Eating a Low Carb Ketogenic Bodybuilding Diet and Get the Physique of a Greek God

[Dmca](#)