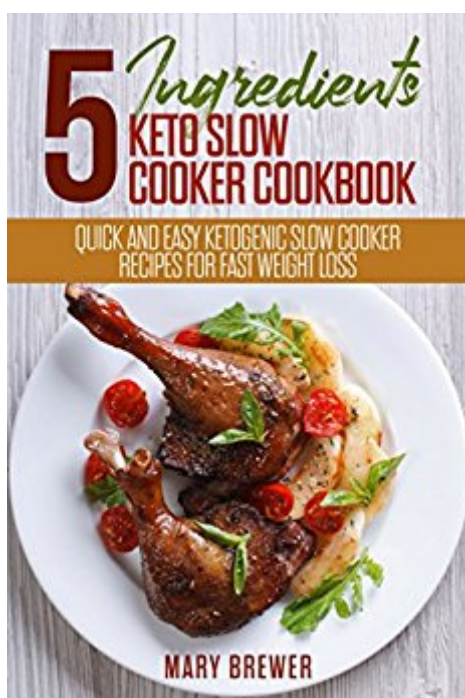


The book was found

5 Ingredients Keto Slow Cooker Cookbook: Quick And Easy Ketogenic Slow Cooker Recipes For Fast Weight Loss



Synopsis

Making homemade meals after a long strenuous day at work is something that can become overwhelming. Slow cookers allow you to go home with food not only ready for you to eat, but also still healthy and tasty at the same time. All you have to do is to prepare only 5 ingredients in the morning, put all of them in the slow cooker and leave it. In this book, you will be treated to more than 60 easy and simple ketogenic recipes that you can make in your slow cooker, and melt away fat off your body and keep it off. Now let's get cooking. Scroll back up and grab your copy today!

Book Information

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Customer Reviews

Such an informative book. A lot of important information about Slow Cooker has been gathered in this book. I was actually impressed by how much useful information is squeezed in such a short book. Author has described every single thing very clearly with some proper explanations. By reading this book I learned some delicious recipes. Such an excellent book. Highly recommended.

The recipes are easy to read and follow but this is NOT a Keto cookbook. Canned soup, Beans, Pineapple, bottled Barbeque sauce and salad dressing are all used as ingredients. The carbohydrate counts are VERY high in some of the recipes. I think I will be returning this one.

this book has some recipes that look delicious. I find that the nutritional information must be off in some of the recipes so I am unsure how well this might fit in a keto diet. Other recipes contain items that may be paleo, but not keto (according to my limited keto knowledge). The book will come in handy on busy days this fall :)I have the Kindle version

This is a great cookbook based on the ketogenic diet. It has many great recipes and I tried some of them, I was amazed of how good they tasted. Awesome cookbook!

They are on my meal plan every week since getting this cookbook! Thanks for giving me a great resource to take care of my family!

I have purchased a lot of cookbooks.Better than the first. I use this almost daily!

I've made several recipes, and they've all been a hit. My picky daughters loved the recipes.

Love this book. We have made most of the recipes and they all turn out great.

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