



## **Slow Cooker: Ketogenic Diet: 92 Ketogenic, Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 2nd Edition (Low Carbohydrate, ... Watchers, Ketogenic cookbook, Keto Diet)**

*By Arianna Brooks*

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**WOULD YOU LIKE TO TRY A DIET THAT ALLOWS YOU TO ENJOY DELICIOUS FOOD WITH APPROPRIATE AMOUNTS OF FAT, PROTEIN, AND CARBS?**

**Nutritional Facts included with all recipes!!**

I bet you do, and this book is the perfect reference for you! A ketogenic diet offers many benefits, the best of which is that helps transition your body from using glucose to using fat as fuel. What this means for you is that you get to enjoy great tasting food without sacrificing your well-being with the added bonus of losing some of that extra weight.

**The question is how do you get started?**

Look no further than this book. Although a ketogenic diet requires careful meal planning, you will find everything you need to get started on your own ketogenic meal plan in this book. So take out that slow cooker and get ready to start cooking!

**Here is what this book has in store for you:**

- Over 90 delicious recipes
- Brilliant breakfast meal ideas
- Comforting soups and stews
- Unique poultry and seafood entrées
- Savoury pork entrées
- Delicious beef entrées

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