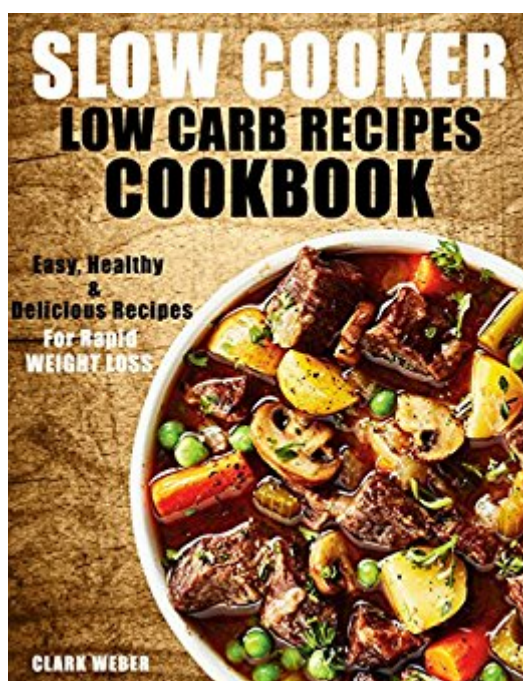


The book was found

Slow Cooker Low Carb Recipes Cookbook: Easy, Healthy & Delicious Recipes For Rapid Weight Loss. (Fix-It And Forget-It, Crock Pot Recipes Cookbook)



Synopsis

Start Loosing Weight Amazingly With This Slow Cooker Low Carb Recipes Cookbook! My name is Clark Weber. These are the "Slow Cooker Low Carb" recipes that I like most. I learned some of the recipes in this cookbook from different friends and relatives. I tried all of them myself and the results were fabulous. I would also like to mention that I included in this cookbook only those slow cooker low carb recipes which are fairly easy to cook, even though I have to admit that most of them will be ready in more than a couple of hours. This is because slow cooked meals need more cooking time compared to classic meals. But, the advantage comes from the fact that the slow cooking process is healthier and adds a great flavor to your meal. Furthermore, I selected in this cookbook only the healthiest Slow Cooker Low Carb recipes that will provide you with a balanced diet. The number of calories rarely goes beyond 500/ serving (2000-2500 calories/ day intake is recommended for a sedentary adult that needs to maintain his/ her current weight), therefore these are some recipes that will help you maintain or even lose some weight. I collected here only the low carb recipes, because low carbs meals are great for dieting. These Low Carb Recipes are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: Start losing weight and boost energy
Get rid of sugar or junk food cravings
Lower your blood sugar and stabilize your insulin level
Detox your body from years of eating processed foods
Lower your blood pressure and your cholesterol
Fix your hormone imbalance and boost immunity
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Customer Reviews

The recipes are easy to understand and tasty too. Works great for me on my diet to lose weight.

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