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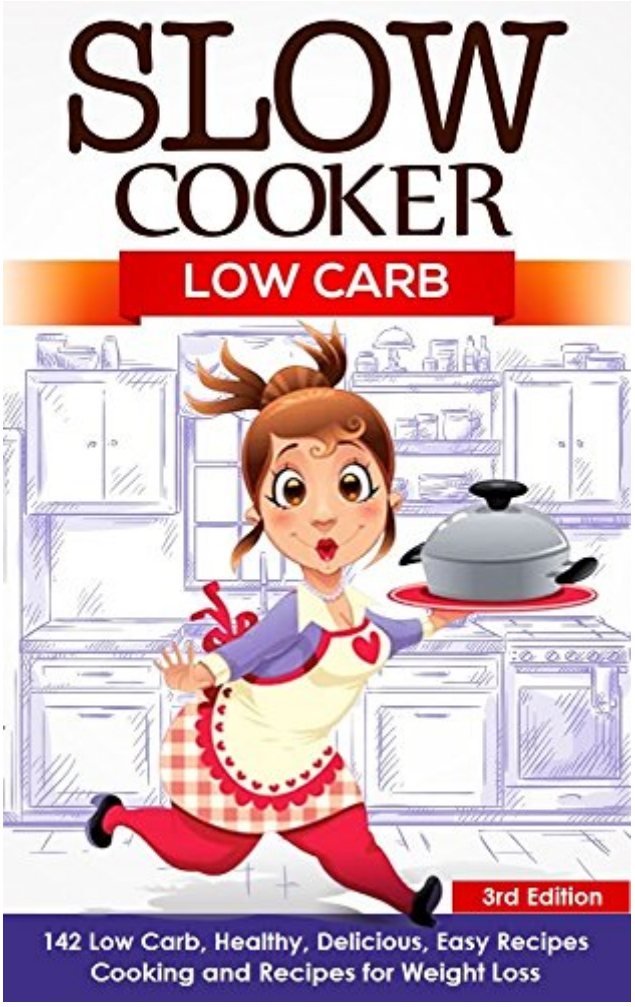

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Synopsis

Slow Cooking Has Never Been This Easy!**All Recipes are under 15 Carbs per serving!**Low Carb Slow Cooker Recipes to Help You Lose WeightDonâ ™t you wish that dieting could be achieved without being limited to eating bland food? Do you want meals that are low carb but with great taste?I definitely understand where youâ ™re coming from. Diets are difficult to maintain primarily because of bland-tasting food with only a limited number of ingredients to choose from. Besides, hanging around in the kitchen all day is nobodyâ ™s idea of fun. And you wouldn't want a quick fix by ordering fast food that contains extra carbs and pull you back from your weight loss goals, am I right?Worry no more cause we got you covered! The good news is that you can take all the stress out of cooking and meal planning, just by following the recipes given in this book!The slow cooker is your friend. Toss all ingredients in, select the right settings, and come home to a healthy, nutritious, and best of all, delicious home-cooked meal that anyone in the family can enjoy. Yes, even the weight watchers will agree that the recipes in this book are simply awesome. Here is whatâ ™s in store for you:Delicious and nutritious recipesStart the day right with yummy breakfast recipesFind your new favorite dish among the main course recipesMouth-watering dessertsNot only that, the recipes in this book can help you:Lose weightLive a healthier lifestyleLook and feel great! Itâ ™s exciting isn't it?!So grab your copy by scrolling up and clicking the Buy Button!Enjoy!

Book Information

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Customer Reviews

This is not just for us who wanted to lose weight but also to stay healthy. It contains not just ten recipes but 142 recipes to choose from. It has complete meals â " from breakfast to main course to desserts. Itâ ™s your choice on which meal to cook. The recipes are not just healthy but easy to prepare. It encourages you to eat healthy and stay healthy. It is important that while we are still young, we are conscious of what we eat and what it can do to our body. I recommend that you use this book as a guide not only to lose weight but knowing the right food to eat and right food that will keep you healthy and strong.

This book was my salvation in the last few weeks. The dinner had become a torture for me and my kids would not eat anything that was not fast food. Not only they are now happy when I cook because I have learned many recipes from this book but i know that they having a healthier diet now. What I liked most about this cookbook were the Mexican recipes and was somewhat surprised to see that in several recipes i can still use bacon! Lose weight and still eat delicious things. What else can you ask for?

I have read the book for one more time. It is very interesting for me.The slow cooker book was a great book. It have few great recipes inside of this book. The low carb meals is the great one. This book has given me more ideas on what I can make using this kitchen tool. The recipes are also low card, so no guilty feeling of indulging. I found it helpful to me. I recommend it.!

I always have a busy day and sometimes miss to cook even though I really want to but I donâ ™t have enough time to spend for it. Good thing I found this book which really makes my busy day eat a healthy and delicious meals. I found recipes on how to prepare healthy and delicious recipes using my slow cooker that are low carb which really saves me a lot of time. This book is very helpful that I found recipes to live a healthier lifestyle by enjoying a low carb diet that is rich in vitamins, minerals and essential nutrients. Cook foods are always best and is more enjoyable than burgers and fast food chains.

This a nice and very useful book on Slow Cooker low card recipes. With the help of the recipes mentioned in this book you can easily lose your excess weight and make your lifestyle healthier. The recipes contained in this book are very delicious and easy to make. The low carb diets mentioned in this book are full of vitamins, minerals and essential nutrients. The step by step instructions also makes it easy for you to prepare these recipes.

My slow cooker has been a great help to me since I bought it 1 month ago. I've experimented some recipes on to it and the outcome was really good. Recently, I realize that we should slowly take off the the carbs in our diet since we have history of diabetes in the family. I searched books here in kindle store and came across with this one. I must say that getting this book is satisfying since it provides various recipes that adopts low carb diet cooked through slower cooker. The author laid out all the recipe's procedure in an easy to follow manner that's why you won't go wrong with it. All the dishes you want to serve starting from breakfast all throughout to dinner are provided in here. I tried cooking the Spicy Braised Beef and it was good.

The recipes in this book are simple and easy to follow. I like best the Beef Ragu. I thought this book contains only main courses. Boy, was I surprised. There were soups and desserts included in this book. A great collection of recipes! Now I look forward to having that meal that not only will I enjoy, but my kid and husband as well.

This is an interesting book that has recipes on how to prepare delicious and healthy meals using your slow cooker that are low carb and I hope assist you in eating healthier and achieving your weight loss goals.I find losing weight difficult but I am so blessed and grateful that I am able to do because I also have friends who are undergoing the same journey as I am.

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