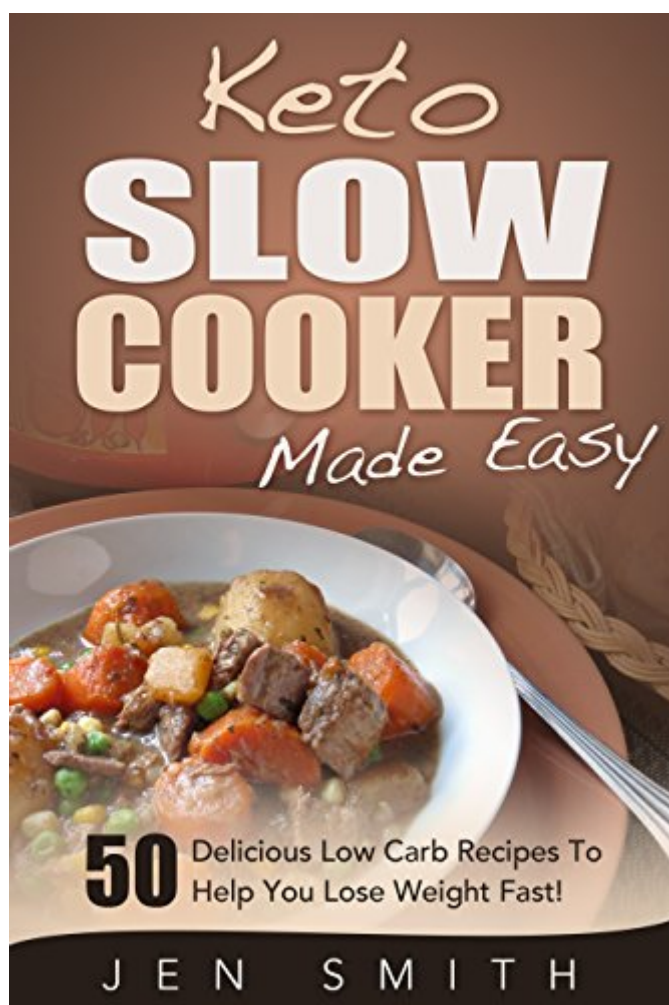


The book was found

Keto Slow Cooker Made Easy: 50 Delicious Low Carb Recipes To Help You Lose Weight Fast!



Synopsis

Simple, Easy and Healthy Keto Recipes Even a Beginner Can MakeBook 1 in the Slow Cooker Made Easy SeriesThe keto lifestyle can be challenging for a beginner to follow, especially if you have limited time. Thankfully, someone invented slow cookers. This book will show you easy keto recipes that anyone, even with a busy schedule, can make. In this book you will learn how to make absolutely delicious ketogenic meals using your slow cooker. All 50 recipes have been specifically designed for cooking in a slow cooker, your friends and family will love them all. These recipes will help you truly get the most out of your slow cooker. Busy schedule? No problem!The recipes in this book were designed for those who have busy schedules. With this book, you will learn recipes that will work around your schedule, and not interrupt your daily routine. Some examples of amazing recipes found in this book:-Savory Shrimp Stew-Moroccan-Based Lamb Stew -Keto Chicken and Bacon Chili Soup-Faux Italian Meatball Soup -Butternut Squash Breakfast Casserole-Ketogenic Appetizer Honey WingsAnd much, much more!If youâ™ve ever wanted to make quick, easy and healthy ketogenic meals using a slow cooker then grab this book now. This book will help you live a longer, healthier life. So, what are you waiting for? Click the âœbuy nowâ• button and learn to make healthy, delicious and easy ketogenic meals using your slow cooker. I know youâ™re going to love it.

Book Information

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Customer Reviews

Non worth the money. Not enough information to make it unless you already have all the basics (like making rice from cauliflower). Absolutely no carb,fat, sugar,or any other counts so you dont even know how much is in a serving.

When i read the title "Keto Slow Cooker Made Easy" i didn't think it would be this easy! It's as simple as collecting your ingredients and throwing them in the crockpot! After that you just have to wait and salivate at the delicious aromas that will fill your house. I am a huge fan of my slow cooker, but i wasn't using it as much as i should. After buying this book, the slow cooker is getting overused! I love that thing! Nothing is easier then pressing one button and walking away. Even better is now that i am on a keto/paleo diet this book only increases my health. If you are looking to easily lose weight without having to plan meals well in advance, then this book is for you! Highly recommended!

Wishing I'd read the reviews before I ordered, as I agree with many of them. The biggest irritation is that no nutritional info is included, so if you're tracking your numbers, you'll have to do the math per ingredient on your own. I did get a few good ideas, though, so hopefully they'll be pretty tasty.

There are no nutrition facts or portions per recipe. I will have to try and find an app that lets me build recipes and get carb, fat, etc., but until I actually make the recipe, there's no way to tell how many servings I'm making!

This cookbook is useless for serious keto dieters. Gives no indication of how many servings each recipe yields, and no nutritional breakdown is listed. Some recipes are sugar-laden, such as the Ketogenic Appetizer Honey Wings on p. 14, which calls for 1 cup raw honey (that's 339 carb grams!). Very disappointing.

I love this cookbook. Straightforward cookbook, nothing fancy. We use our slow cooker all the time and are really more or less cutting carbs rather than living keto. The recipes are easy and even picky kids will eat them.Keto Slow Cooker Made Easy: 50 Delicious Low Carb Recipes To Help You Lose Weight Fast!

Wonderful ideas for all meals. Love the slow cooker ideas for daily easy meals to prepare. My husband will love them too.

Doesn't include nutrition breakdown for each meal. A keto book in my opinion should include the breakdown of carbs, fat, protein per portion.

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