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Low Carb: Slow Cooker Healthy: 50 Recipes Under 500 Calories for Healthy Eating,: Inside are 50 low calorie, low fat, low carb and high protein slow . Protein Diet, Weight Loss Books) (Volume

By Christopher Trow

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. The low carb slow cooker cookbook is a great addition to anybody's kitchen, inside are 50 delicious recipes under 500 calories, to boost energy levels and assist in weight loss. From yummy desserts to side dishes, from tasty sauces to lip-smacking main courses, these 50 recipes will provide you with plenty of options to choose from for the entire year. The slow cooker will provide you with mouthwatering, healthy, hearty and convenient foods ceaselessly. Be it holidays or just regular meals, a party or your weight loss regime, the amazing slow cooker recipes are just right for the entire family having diverse likes and preferences. So enjoy a recipe each day with your slow cooker and start a whole new life where you can enjoy both great health and taste. Unlike general perception a weight loss plan does not have to include predominantly tasteless and bland low calories foods. You can opt for delicious recipes that'll satisfy your taste buds and appetite giving you the feeling of fullness without gaining weight. Weight loss isn't about starving yourself, it's about choosing...



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