



Ketogenic Slow Cooker: 60 Easy Ketogenic Slow Cooker Recipes to Flavor Your Life (Paperback)

By Andrea J Clark

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ready to lose weight but tired of fad and crash diets? Never fear, because ketosis is here! In this book, we explain what exactly the ketogenic diet is and why it will work for you. We ll delve into the science behind the ketogenic diet and why exactly this new trend has been hitting the ground running. Don t know what foods to eat? We ve got you covered with a comprehensive list of dos and don ts on this awesome diet plan. You ll find that the deliciousness far outweighs the restrictions. In fact, your new diet may be even more decadent than your old one! And you ll learn how that s possible. Don t know how to use a slow cooker? That s explained too, as well as how to go about buying one and how to figure out which one will be best for you. Download, read, and follow the directives given in this book to start a whole new diet and a whole new you-with a bit of motivation, a few simple steps, and a slow-cooker!.



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