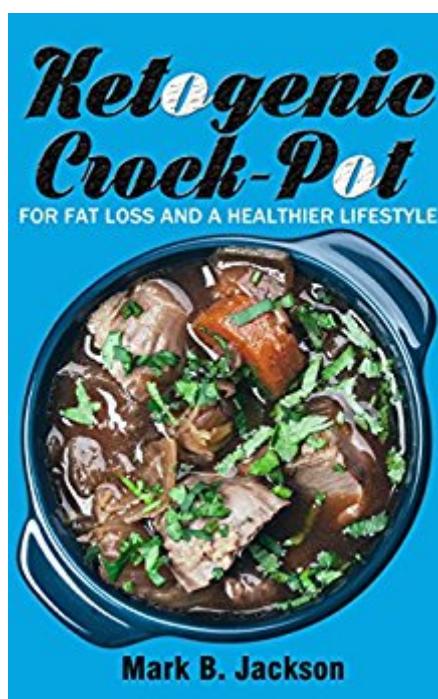


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# **Ketogenic Crock-Pot: For Fat Loss And A Healthier Lifestyle- 70 Newest And Flavored Slow Cooker Keto Recipes(Bonus: 14-Day Ketogenic Diet Meal Plan)**



## Synopsis

\*\*\*SPECIAL OFFER!!!\*\*\* Read for FREE with your kindle unlimited! Â Tired of being fat, Â sluggish, and in a bad mood? Unhappy with your overweight body and fat belly? No courage to start your weight loss plan? Does your skin have acne? Fell no energy to work or play? Do you often have no time to cook food? Are you busy everyday with your job and still need to cook food for your family when back home? Are you fed up with spending too much time on cooking? What if I said you could have a healthy Ketogenic Diet to lose fat, have a better mood, be more beautiful, be filled with energy, and you can still have your favorite recipes? Continue reading, you will find answers of all the above questions and more! Ketogenic diet emphasizes a low carb, high fat and proper protein lifestyle. Â By following a good ketogenic diet, we will get too many benefits, below is a brief summary of those benefits: You Â lose weight Â fast You Â have stable energy Â levels You Â become smarter Â You enjoy increased endurance You Â don't feel hunger any more You Â improve your blood profile Â indicators You Â reduce or eliminate Â your diabetic medications You Â regulate your blood pressure without medication. You Â get rid of Â your insulin resistance. This book suit for people of any weight, any body type or shape. Through my work, I've helped thousands of people achieve their health and fat loss goals, and I share everything I know in my books. All methods in this book are so easy and simple, and so powerful to you. That it will maybe sound like too unbelievable when you read it at first time. This Amazing Fat Destroying method will give you an absolute body changeover without any supplements, workouts or high price ineffective pills. So what will you find in this book? 1. Basics of Ketogenic Diet 2. The Benifits of Ketogenic Diet 3. Foods to Eat/Avoid 4. Everything about Crock-pot (Slow Cooker) 5. 70 Delicious and Easy to Make recipes 6. More and more... This book will open the wonderful world of tasty food to you, and show you an eating style without deprivation. Meals will be tasty for the whole family, so that you wonÂ¢â ¸t need to cook one thing for them and a completely different meal for yourself. All the recipes are so unique and delicious, they are all very easy to make, and the ingredients are easy to find in your local market. This book will put an end to your old and unsatisfactory routine, which was a burden to you and to everybody around you. In the end of the book, you will find a 14- day meal plan, which will provide you a good start for your ketogenic journey. We have made this book very easy to follow. We have put all of what we have known and experienced before about ketogenic diet in this book. You will get the tips and essential knowledge of the ketogenic diet spending just a few minutes reading. This book is not just a good guide for your ketogenic diet, and itÂ¢â ¸s not just for losing weight; we believe it will be your lifelong companion. Scroll up now and click the buy button to begin your Ketogenic Diet Adventure!

## Book Information

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## Customer Reviews

I totally recommend this book to anyone who follows the Ketogenic diet and owns or intends to buy a crockpot. The book contains a large variety of tasty and healthy recipes (70, to be more specific), with clear instructions and easily accessible ingredients which can be found in any supermarket or grocery store. Plus, it also contains a 2-week meal plan for those who have no prior experience with the Ketogenic Diet.

There is some really good information in this book but it is a ridiculous mess. I wish the author had spent even an hour proofreading it - or having someone else proofread it.

Being so busy for the whole week, i need to reciprocate with my family through preparing some healthy, home-cooked ketogenic meals. But since I started using my Crock-Pot more, that's all changed. Instead of running in for takeout here, or calling for delivery there, I've found that if I take just a few minutes to prepare something in my slow cooker in the morning, it makes all the difference in the world. Nothing is easier or better than walking in the door and having a delicious,

nutritious meal ready and waiting.

This is one of a couple of diet books I picked up recently. It's almost bikini weather, which is terrifying. And, of course, I gained all kinds of weight over the winter. It's so easy to do, especially around the holidays. It's unfair, really. The weight piles on without any effort. But losing it...yeah, that takes work. In the past, I would put myself on a miserable, totally restrictive diet of boring, bland food until I lost the weight. Not this year. This year, I'm making a lifestyle change--a sustainable lifestyle change--and this book is going to help me. The recipes are so delicious! And easy. I don't have a kitchen full of dirty pots and pans. I can dump everything in the pot, set it to cook, and head out to work. And it isn't taking me hours to prepare the ingredients. I forget I'm dieting. And, yes, I have lost some weight already. Totally worth a 1-click buy! And, bonus, right now it's free!

A great book for those who want to lose weight. Here you will find very good advice and recipes for meals that will help your body to burn fat faster. Also, reading this book will motivate you to persist in your goal. Recommend!

This is very helpful guide book for recipes. The recipes in this book are well written and I also found them to be very delicious. The author also does a great job for motivating you to stay on track, she gives many tips and advice for staying on the ketogenic diet, such as being able to plan your meals ahead of time. I highly recommended this book to everyone.

Easy to follow and pretty simple ingredient list. Found it very useful for my needs. Great selection, and I love everything I've tried! I usually get annoyed with cookbooks because they have complicated ingredients or instructions, and I honestly despise cooking, but this has been really user friendly. Would definitely recommend!

Very fascinating book, efficient cooking method and you do not have to worry about a lot of cleaning after you finish preparing your meal, very efficient and effective. Highly Recommend!!!

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