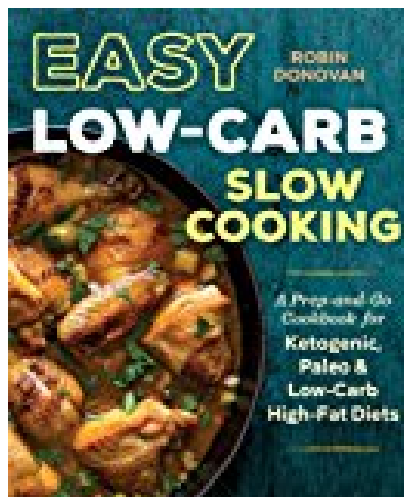


# Easy Low Carb Slow Cooking A Prep-and-Go Low Carb Cookbook for Ketogenic Paleo & High-Fat Diets

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## BOOK DETAILS

- Author : Robin Donovan
- Pages : 212 Pages
- Publisher : Rockridge Press
- Language : English
- ISBN : 1623157714

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## BOOK SYNOPSIS

Ketogenic Diet is a dietary plan that teaches your body to burn fat instead of sugar. Its a tried, tested and proven way of reversing health problems like obesity, epilepsy, high blood pressure, autoimmune disease and more. If you have any of these problems and want to try the ketogenic diet, or want to shift your body from being a sugar burner to fat burner, this book is for you. Ketogenic recipes are grain-free, gluten-free and parallels well with Paleo principles. They are notoriously fast, easy and simple to prepare and will help induce and heal your body during Ketosis. It has a wealth of dairy-free, nut-free and egg-free options and therefore ideal for anyone with certain types of food allergies. Carb Cleanser includes over 180 awesome recipes. These are the complete set of low carb recipes you will ever need. 40+ One Skillet Recipes, fit for busy moms who cannot wait - prepare the food under 30 minutes. 40+ Crockpot / Slow Cooker Recipes, fit for workaholics, just set & forget. 30+ Breakfast & Snacks Recipes 30+ Delectable Desserts, Fat Bombs & Cookies Lime Asparagus Chicken Ground Beef & Spinach Butter Creamy Cauliflower Hamburger Tilapia Avocado Fish Bowl Herbed Cabbage Soup Brussels-Egg Burgers Vanilla Crème Brûlée Cocoa Mocha Fat Bombs #All the ingredients are carefully laid out as per Ketogenic guidelines and maximum effort has been made to improve the accuracy of the nutritional chart.#

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