

Lose Weight. Live Healthy. Save Time The ketogenic diet provides tremendous benefits for weight loss and healthy living. But one of the most attractive benefits is the control that it gives you over your eating habits. This is even made much easier when you have a collection of easy recipes to follow. The meals presented in Easy Yummy Ketogenic Crock-Pot Recipes will enable you to eat wholesome low carbohydrate foods with the right proportion of fats, proteins and other vital nutrients. Eating these meals will also make it easier to stay away from unhealthy eating habits that work against your weight loss goals. The great recipes in this book are totally ketogenic and all of them can be cooked conveniently in a crock-pot. This means besides being healthy, they are also easy and convenient for people who do not have a lot of time to spend in the kitchen. This is a blessing for those days when your are busy, lazy or simply tired. Whatâ€™s more, your cooking sessions are made easier by the step by step instructions that come with each recipe. Most of the recipes do not require any precooking, so you can simply dump the ingredients in your crock-pot and set the timer. Tips for creating more tasty and flavorful meals to enhance your dining experience are also provided. Since you have 50 recipes in this book, you can make them last for two months with a little planning and creativity (then start all over again!). You no longer have to waste precious time searching the net for recipes to create meals for yourself or your family. Here are some of the recipes in the book: Cheesy Chicken And Zoodles Chicken Coconut Curry Greek Stuffed Chicken Breast Spicy Tomato Pork Coconut Lemongrass Pulled Pork Italian Zucchini Meatloaf Spicy Swiss Steaks Crock-pot Jambalaya Cheese Pizza with Cauliflower Crust Mashed Garlic Cauliflower And much more! Buy your copy today!

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