



# **The Ketogenic Diet: Top 50 Low Carb Slow Cooker Recipes (Ketogenic Beginners Cookbook, Recipes for Weight Loss)**

*Abel Evans*

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**Feel Incredible and Look YOUR Best with the Ketogenic Diet!**

**50 DELICIOUS Slow Cooker Recipes that are Quick and Easy to Prepare!**

This book will help you to understand what the Ketogenic Diet is and how you can use it to Lose Weight and Increase Energy Levels!

**The Ketogenic Diet is a medically and scientifically proven diet plan in which you avoid all high to mid carbohydrate foods and fill those calories with healthy fats.**

By doing so the body starts burning up unwanted fat instead of carbohydrate, a natural process called Ketosis.

The result?

Reduced weight and a slim, healthy YOU within weeks!

**When you follow the Ketogenic Diet you will experience many benefits:**

- Weight Loss
- Appetite Reduction
- Increased Energy Levels
- Burn Unwanted Fat
- Increased Levels of HDL (the "good") Cholesterol
- Decrease Levels of LDL (the "bad") Cholesterol
- Reduced Blood Sugar and Insulin Levels
- Reduce Blood Pressure

**Download The Ketogenic Diet: The 50 Best Low Carb Slow Cooker Recipes & you will discover a wealth of nutritious recipes for every occasion:**

- LOADED CAULIFLOWER SOUP
- SPANISH CHORIZO SOUP
- KETO GARLIC GNOCCHI
- SLOW COOKER OXTAIL STEW
- ITALIAN GNOCCHI SOUP
- BOLOGNESE MINCE
- CREAMY SLOWCOOKER CHICKEN & TOMATO SOUP
- SLOW COOKER EASY EVERYDAY CHICKEN SOUP
- CURRIED CAULIFLOWER SOUP
- SLOW COOKER CREAMY ZUCCINI SOUP

- SLOWCOOKER CREAM OF TOMATO SOUP
- SLOW COOKER CREAM OF BROCCOLI &
- MUSHROOM SOUP
- SLOW COOKER CHICKEN BACON CHOWDER
- HEARTY BEEF STEW
- MADRAS LAMB CURRY
- SLOW COOKER THAI NUT CHICKEN
- FARMHOUSE LAMB & CABBAGE STEW
- SLOW COOKER SEAFOOD STEW

**FULL nutritional breakdown in all the recipes so you can keep track of your calories!**

**SUPERCHARGE YOUR METABOLISM USING THE POWER OF KETOSIS!**

**Order Your Copy of The Ketogenic Diet: The 50 BEST Low Carb Slow Cooker Low Carb Recipes That Burn Fat Fast Right away!**

You'll be so glad you took this healthy step!

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