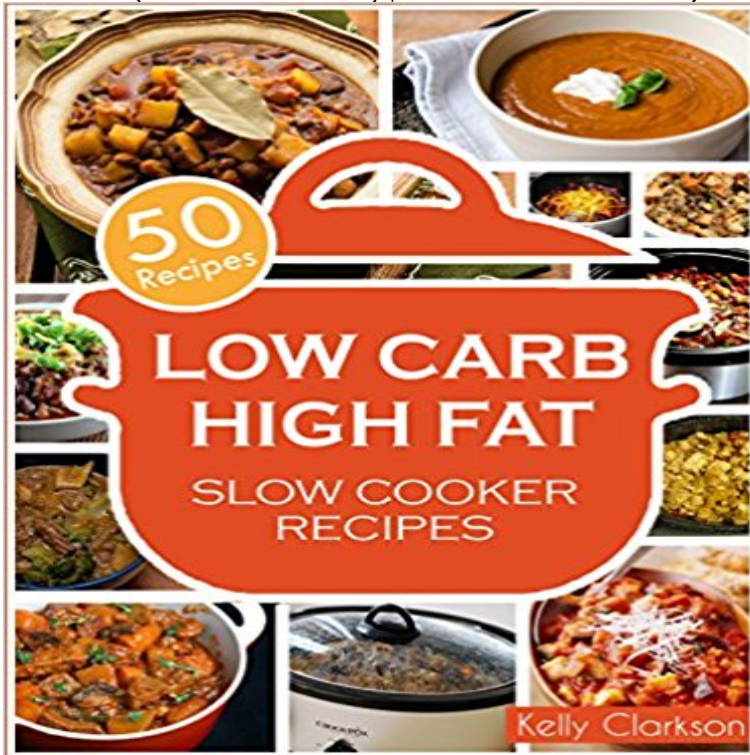


Low Carb High Fat Slow Cooker: 50 EPIC Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 2)



Ribs, Chicken Wings, Meatloaf and even Pie & Wraps!- ALL Low Carb High Fat & for the SLOW COOKER too! EPIC sums it up, really.. I didnt know these could be prepared in a slow cooker!- Sophia K. (On facebook) Slow Cooker recipes dont get better than this.. especially when theyre low carb hig fat!- Narain. (On facebook) Lost for Slow Cooker recipes for the Ketogenic Diet & other Weight Loss Diets? NOT ANY MORE!! Here are 50 EPIC Low-Carb High Fat Recipes for the Slow Cooker! Eating Fat makes You Fat.. A Low Carb High Fat Diet turns this theory on its head! A low-carb high fat diet is the healthiest way to not only reduce hunger but also to Lose Weight quickly and effectively, mostly from the abdominal area. It also gives you increased amounts of HDL -heart healthy or good cholestrol, reduces LDL or Bad cholestrol, reduces blood sugar & Insulin levels, helping with type 2 diabetes, reduces bloog pressure, fights against metabolic syndromes and several brain disorders and the list goes on and on! You have got to give it a try, if you havent yet! And if you use a slow cooker-it only gets better! There is a huge list of benefits that comes along with Slow Cooked food. If youre tired of scouring the web, expensive cookbooks and magazines & newspapers for Low-Carb High Fat Slow Cooker recipes, this affordable little cookbook is the answer! These 50 Recipes are so Sinfully Yummy, Nobodyll Believe theyre Low-Carb High Fat & cooked in a Slow Cooker too! Here are some of the most INSANE Breakfast, Lunch & Dinner Recipes thatll get you salivating right away! Take a LOOK- Breakfast Recipes: Bacon Breakfast Pie Cauliflower Hash Browns Mexican Breakfast Casserole and LOTS more! Lunch Recipes: Balsamic Glazed Short Ribs Sticky Chicken Wings Salsa Chicken with Goey Mozzarella Zucchini Meatloaf and LOTS more! Some International

Favourites: Huevos Rancheros Tropical Oxtails Thai Style Beef Mexican Layered Chicken Stew Korean Short Ribs and LOTS more! Dinner Recipes: Butter Dill Roasted Salmon Bacon Wrapped Chicken Thighs Duck Confit Wine Braised Short Ribs and LOTS more mouth-watering recipes! I bet, you couldnt go through all of these recipes without getting hungry! Not only are these recipes incredibly delicious, each one of them has a detailed breakdown of the fat, carb and protein content and also other useful details like prep-time, number of servings etc. In fact, here is what an expert chef had to say about these recipes: My personal favourite LCHF Slow Cooker cookbook.. Every recipe is just so neatly done! Kyle S. (Published Author & Chef) Okay thats enough, All Looking and No Cooking makes Jack a hungry boy! Go On, Grab Your Copy and Get Cooking!

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