



Low carb: 20 Delicious And Fast Crock Pot Recipes For Guaranteed Weight Loss: (Low Carb Cookbook, low carb diet for beginners, low carbohydrate foods, ... low carb slow cooker cookbook, Book 1)

Andrea Philips

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Low Carb, High Fat Slow Cooker Cookbook

20 Simple & Delicious Slow Cooker Recipes For Permanent Weight Loss and Healthy Living

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I had to take some liberties for the picky eaters in the household. It was a struggle but a decent meal was at stake. I believe about half of these low carb high fat recipes should be kid-friendly (mine did). I know most children are not sold on seafood but I included two. Do not be hungry. Get creative and take charge of your healthy life. Introducing 20 high fat low carb slow cooker recipes designed to transform you in the best you can be. You will actually feel full. What are some of these fats? Coconut oil can last 2 days outside the refrigerator without spoiling. Butter, I thought cutting it from my diet would be better but the unsalted variety in particular are packed with fat soluble vitamins (recipes inside). Olive oil is a natural cancer and aging fighter. What can you cook with it? Soups. Sauces. Salads. Marinades. Endless possibilities. Cheese isn't it irresistible? Well, in this ebook there are a few recipes with this versatile food. What else bacon, pork, and other high fat meats. Enjoy food and make your slow cooker your new companion.

In this book you will find the following:

- Soups

- Chowder
- Sweets
- Breakfast
- Other entrees and other tasty low carb high fat recipes

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Hoyt Moore:

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Richard Graham:

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