

# [PDF] Easy Ketogenic Diet Slow Cooking: Low-Carb, High-Fat Keto Recipes That Cook Themselves

Amy Ramos - pdf download free book



## Books Details:

Title: Easy Ketogenic Diet Slow Cook

Author: Amy Ramos

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## Description:

“One of the most common reasons why folks fall off the wagon is because they think [the ketogenic diet] requires blood, sweat, and keto tears...What I love about *Easy Ketogenic Diet Slow Cooking* is that it will turn you into a mini-expert on slow cooking [and] keeps you feeling satisfied and energized on your ketogenic path—but at a slower, more relaxed pace.”

—**Amanda C. Hughes**, author of the bestselling *The Wicked Good Ketogenic Diet Cookbook*, creator of *WickedStuffed.com*

Eating a high-fat diet to lose weight sounds almost too good to be true, yet the ketogenic diet offers exactly that. But to truly succeed on the ketogenic diet, you need recipes that are not only simple and satisfying, but actually work. *Easy Ketogenic Diet Slow Cooking* offers the knowledge and guidance you need to lose weight and keep it off for good. With *Easy Ketogenic Diet Slow Cooking*, you're getting a cookbook and reference guide that:

- **Offers over 100 truly easy slow cooker recipes** for saving time while following the guidelines of the ketogenic diet
- **Outlines the most effective ingredients for staying in ketosis** (and how much to use)—as well as which keto-foods are best for slow cooking
- **Includes detailed macronutrient percentages and handy keto-quotient icons** for quick and easy reference when planning meals

Ideal for cooking affordable cuts of meat to perfection and whole food ingredients for maximum nutrition, *Easy Ketogenic Diet Slow Cooking* delivers an entire collection of ketogenic diet recipes specially written for your slow cooker.

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