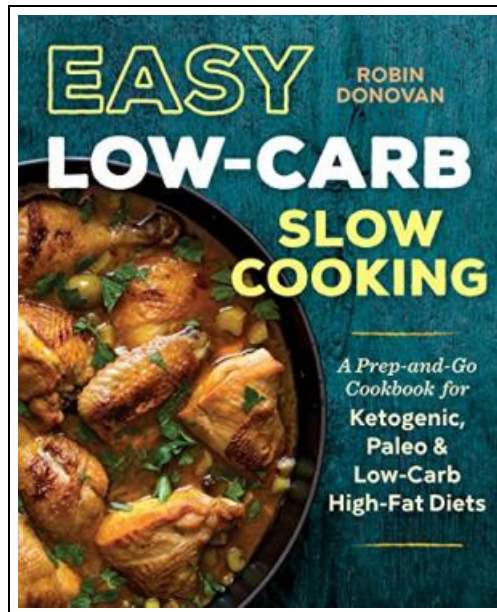


## Easy Low-Carb Slow Cooking: A Prep-and-Go Cookbook for Ketogenic, Paleo Low-Carb High-Fat Diets (Paperback)



Filesize: 5.94 MB

### **Reviews**

*It is really an incredible publication that we have possibly study. Of course, it really is engage in, continue to an interesting and amazing literature. You are going to like how the writer compose this publication.*  
**(Bailey Lehner)**

## EASY LOW-CARB SLOW COOKING: A PREP-AND-GO COOKBOOK FOR KETOGENIC, PALEO LOW-CARB HIGH-FAT DIETS (PAPERBACK)

[DOWNLOAD](#)

Callisto Media Inc., United States, 2020. Paperback. Condition: New. Language: English . Brand New Book. Finally, a Low Carb Cookbook with Prep-and-Go Recipes for Healthy Living Low-carb diets are more popular than ever. Limiting refined carbohydrates and increasing healthy fats and proteins can help you lose weight and improve cardiovascular health. Cooking your own meals is essential when trying to eat a low-carb diet, as dining out or buying prepared foods can make it difficult to adhere to a low-carb lifestyle. With this in mind, Robin Donovan, New York Times bestselling co-author of Dr. Gott s No Flour, No Sugar Diet, has created the ultimate low-carb cookbook. By using healthy, truly low-carb ingredients, Easy Low-Carb Slow Cooking is the only low carb cookbook that allows you to enjoy flavorful meals that are good for your waistline and your wallet. By gearing these recipes to the convenience and ease of the slow cooker, prep time and cleanup has never been simpler. More than 125 prep-and-go slow cooker recipes designed to make a low-carb, high fat diet easier than ever Truly low-carb, high fat dishes that follow ketogenic dietary guidelines, as well as Make It Paleo substitution tips Detailed nutritional information for each recipe, including macronutrient percentages for carbs, fat, and protein Enjoy low carb cooking recipes such as: Frittata with Cherry Tomatoes, Asparagus Thyme \* Cinnamon Crunch Coffee Cake \* Curried Broccoli, Cheddar Toasted Almond Soup \* Bacon-Wrapped Chicken with Barbecue Sauce \* Thai Red Curry Beef with Coconut Sauce \* Chocolate-Macadamia Nut Cheesecake \* and more!.



[Read Easy Low-Carb Slow Cooking: A Prep-and-Go Cookbook for Ketogenic, Paleo Low-Carb High-Fat Diets \(Paperback\) Online](#)



[Download PDF Easy Low-Carb Slow Cooking: A Prep-and-Go Cookbook for Ketogenic, Paleo Low-Carb High-Fat Diets \(Paperback\)](#)

## Other eBooks



**Goodnight. Winnie (New York Times Best Books German Youth Literature Prize Choice Award most(Chinese Edition)**

Hardcover. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.HardCover. Pub Date: Unknown Pages: 40 Publisher: the Star Press Information Original Price: 32.80...

[Save Document »](#)



**Read Write Inc. Phonics: Grey Set 7 Non-Fiction 2 a Flight to New York**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 213 x 98 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

[Save Document »](#)



**Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Save Document »](#)



**Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and...

[Save Document »](#)



**Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

[Save Document »](#)

**Read Write Inc. Phonics: Grey Set 7 Storybook 1 Rex to the Rescue**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 149 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read

[Read Book »](#)

**Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)**

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other

[Read Book »](#)

**A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)**

Dover Publications, 2011. Paperback. Book Condition: New. No Jacket. New paperback book copy of A Dog of Flanders by Ouida (Marie Louise de la Ramee). Unabridged in easy to read type. Dover Children's Thrift Classic.

[Read Book »](#)

**Leave It to Me (Ballantine Reader's Circle)**

Ballantine Books. PAPERBACK. Book Condition: New. 0449003965 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST

[Read Book »](#)

**On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Read Book »](#)