



## Low Carb Slow Cooker One Pot Meals: Convenient 8-Hour + Crockpot Recipes - Fix, Cook Serve (Paperback)

By Louise Davidson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Stopped using your slow cooker because you couldn't find healthy low carb recipes that can cook all day and be ready when you return home? Spend less time in the kitchen with low carb slow cooker 8-hour and more recipes! A slow cooker can produce meals that are of amazing quality, and the inherent simplicity of a slow cooker meal only adds to the appeal. You start with a few simple steps earlier in the day and then forget all about it, only to come back hours later to a mouth-watering, home-cooked meal. The appeal becomes even broader if you are following any diet plan. We all know that a big diet sabotage is that we simply get too busy to take the time to make the perfect, diet-friendly meal. This can be especially true if you are following a low carb diet, which often requires at least some cooking. Slow cooking can be a blessing in this respect, but so many times recipes are created to cook for six hours or less, which is a bit pointless for...



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