



Keto Crock Pot Cookbook: Easy and Delicious Ketogenic Crock Pot Recipes for Busy People (Paperback)

By Jasmine King

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ketogenic Crock Pot Do you want to enjoy homemade ketogenic meals but don't have the time to cook? Keto Crock Pot Cookbook can help! With a Crock Pot, you can prepare a full meal in just a few minutes. It is much easier to use one pot than cooking with several pots and pans. The popular ketogenic diet is designed to force your body into a ketosis state, so that your body burns fat as the main source of energy. Fast weight loss, lower blood pressure, and increased energy are only some of its benefits. This book will show you how to prepare ketogenic meals in a Crock Pot. By reading this book, you'll learn: - Tips for Crock Pot cooking - The foods to eat and the foods to avoid on a ketogenic diet - 62 Ketogenic Crock Pot recipes for breakfast, poultry, meats, seafood, vegetables, soups, snacks, and dessert. These recipes are easy, healthy, and absolutely delicious. Order your copy of Keto Crock Pot Cookbook now!



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