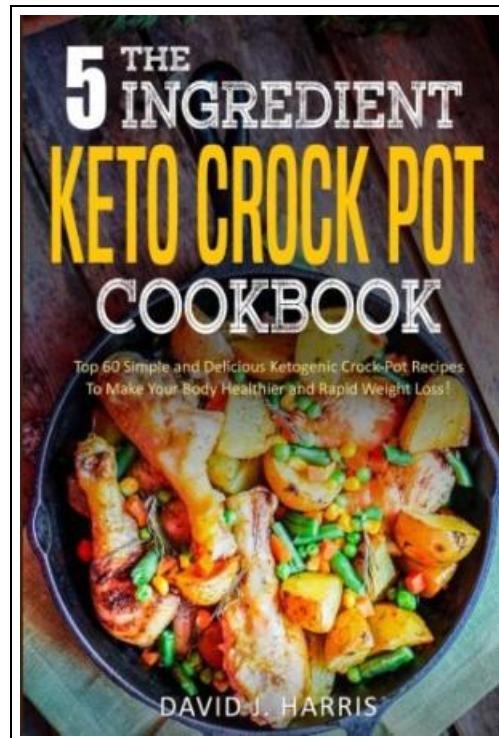


The 5-Ingredient Keto Crock Pot Cookbook: Top 60 Simple and Delicious Ketogenic Crock Pot Recipes to Make Your Body Healthier and Rapid Weight Loss (Paperback)



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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
(Alfreda Bradtke)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.With the fast-paced life that you are living, do you ever wonder if eating healthy is possible? Moreover, is it possible to eat your way to good health? These are some of the questions that you may be asking especially if you are living off unhealthy fast-food and battling with obesity. Thankfully, you are in luck! The good news is we have the answer to your questions. Let this book serve as your guide on how to lose weight and stay healthy with ketogenic crockpot cooking. There are many fad diets out there that promise fast weight loss results. The problem with these fad diets is that they don't help you keep your weight off permanently. What these fad diets cannot do is optimize the fat-burning mechanism of your body. Many studies suggest that the best way to lose weight is to switch-on the fat-burning mechanism of the body and this can only be achieved by the process of ketosis. Ketosis is when your body does get enough carbohydrates thus it turns to fat as its main energy instead of a reserved fuel. That's why the ketogenic diet is born. The ketogenic diet works around the principle of consuming more healthy fats, lean proteins, and green leafy vegetables than carbohydrates. While it also shows positive effects to the blood sugar, blood pressure, and mental clarity, most people give up on this diet even before they start because they spend so much time in the kitchen preparing their meals. Thus, this is where this book comes in! It serves as your guide to making simple five-ingredient ketogenic diet-friendly recipes using your crockpot. No more slaving in the kitchen! 60 Five Ingredients...

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