

Keto Crock Pot Cookbook (Paperback)

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Limited Time Offer! Buy the Paperback version of this book, and get the Kindle eBook version included for FREE! This is just one book selection that is a must have on your shopping list. You will have a firm understanding of how the keto diet is beneficial to your waistline and your overall health once you have a chance to view Keto Crock Pot Cookbook: 73 Ketogenic Diet Recipes to Cook at Home with your Crock Pot in its entirety! There are many ways to use your crockpot which includes breakfast, lunch, and dinner. You can also prepare some tasty desserts. In case you are wondering what kinds of recipes are in store; here s a few to tempt you: Here is a condensed preview of the Chapters in this book: Zoodles with Italian Meatballs Coffee Roasted Beef Italian Meatball Stew Barbecue Beef Stew Spinach and Mozzarella Frittata Chocolate Molten Lava Cake You will discover many new recipes that are so simple to prepare with the step-by-step instructions. Each of the selections has been carefully calculated with the net carbs readily available before you turn on the crockpot. With this accurate listing of the recipes, you can stay within the range of 20-50 grams of carbs daily. You know what to do! Happy Crocking and Enjoy Those New Recipes!.

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