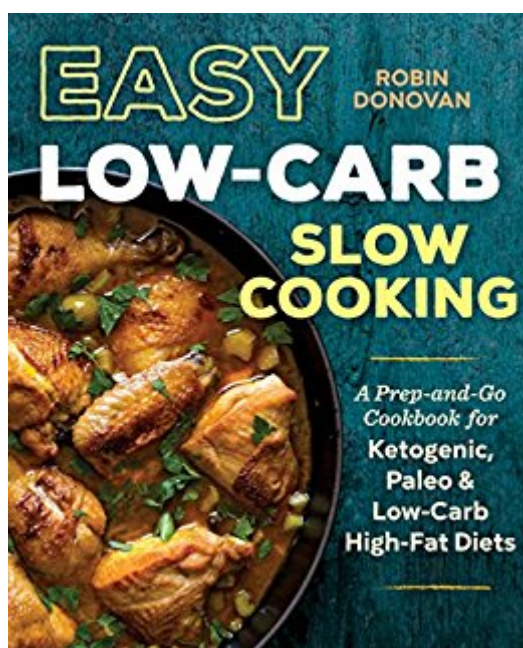


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# Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook For Ketogenic, Paleo, & High-Fat Diets



## Synopsis

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!

## Book Information

File Size: 19022 KB

Print Length: 212 pages

Simultaneous Device Usage: Unlimited

Publisher: Rockridge Press (August 16, 2016)

Publication Date: August 16, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01JAQYUW8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #34,801 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Paleo #40 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb #46 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Ketogenic

## Customer Reviews

This is a really nice cookbook. The recipes are easy enough that even not-a-good-cook-me, doesn't feel intimidated by them. I want to actually be consistent with low carb meals and will save hundreds of recipes to my digital devices, only to forget about them. I was happy to find this item with not only low carb recipes but also with paleo and ketogenic. Slow cooker recipes are definitely great by me. There are so many I can't wait to try. I am super pleased with this purchase. Please check "Yes" if you have found this review helpful. I rely upon others' reviews to make an informed decision anytime I make a purchase, so it is my intention to help others do the same. I welcome any questions or feedback.

This is my review for the easy low-carb slow cooking cookbook. This cookbook is meant for ketogenic, paleo, low-carb and high fat diets. It's a paperback but I've enclosed a picture of it as compared to a regular size magazine and it's a pretty good-sized paperback cookbook. Large print and easy to read. The thing that I was really pleasantly surprised about the most when I opened up this cookbook was the fact that it's not just a cookbook! When looking inside after you get past the introduction you have all kinds of nutritional information on the food you eat and why protein is important, why fat is important, why carbs are important etc. Then you get to an area in the cookbook about foods that you can enjoy that are alternatives to carbohydrates. This cookbook also gives you a list of healthy fats and there's a section on foods to avoid if you're staying away from carbs. On page 22 we start with a list of essential refrigerator and freezer items to keep on hand, also there is a list of items that you should keep in your pantry at all times to follow this type of diet and lifestyle. There is a list of slow cooker safety tips. Like I mentioned before this is more than just a cookbook. Chapter two starts off with breakfast and brunch items, then you have soups and stews, then you have your vegetarian dishes, then you have your meat dishes, you also have a whole chapter on desserts and sweet treats. And then finally toward the end of the book you get to an area on how to make condiments and sauces. At the back of this cookbook there is an appendix on measurement conversions and of course you have a recipe index to lead you where you need to go. Let me just read you a few of these recipes.... "spinach and cheese stuffed mushrooms with fresh

thyme", " meatballs in Smoky chipotle sauce", "coconut custard", "chocolate cake with whipped cream" one more...."sweet blueberry syrup". These are just a few of the delicious and scrumptious recipes you will find in this book. It has over 200 Pages worth of recipes and information on how to make positive changes in your diet. The nutritional information for each and every recipe is also listed on the page in a small column right beside the recipe itself. I have enclosed a photo of that as well. The only downside with this cookbook is there is not a picture for every recipe, you only have pictures at the beginning of each chapter. So the lack of pictures could be a problem for someone who has never made these lifestyle/diet changes before and has no idea what they're doing when preparing these recipes. That's pretty much the only problem or issue that I would see when using this cookbook. It would not hamper me in the least though, I am quite the adventurous cook!

This is my hands down favorite cookbook for low carb and keto. It has amazing recipes, breaks down the macros, and it doesn't have any complicated ingredients. It also offers substitutes to make a recipe paleo.

For me, not very "easy", I don't always have the ingredients the recipes call for. It just seems a little too complicated for a slowcooker where you normally just dump everything in.

I can't wait to try more of the recipes from this! All the ones I tried while reading it were absolutely delicious! I may work my way through the whole thing.

This has been a great resource as I make the transition into a healthy way of cooking and eating. Very easy to fool recipes.

Looking forward to using this more in the winter. There's a nice assortment of recipes across all categories. One flaw I noticed is that recipes don't specify the size of the slow cooker needed. I have a unit with three interchangeable crocks (2, 4, & 6qt), so I'll need to experiment a bit.

I have already made one of the recipes in this book. It is very, very good. LOVE!!

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