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The Keto Slow Cooker Made Simple: This Book Includes: The Keto Diet Made Simple, Th (Paperback)

By Mr Steven G Canty

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Most diets are just a temporary solution to a complex issue that can t be fixed with a few weeks of restrictions and calorie-counting. They don t teach you how to change eating habits for the long-term. Keto is a long term answer, it is a lifestyle. This book will break down everything you need to know about the Ketogenic lifestyle including meal plans, what to avoid and diet hacks to make going Keto very comfortable. To reach a state of ketosis you need to limit your net carbohydrate to no more than 15 grams per day. While this might sound extreme, the inclusion of a slow cooker into your daily routine will dramatically simplify the process, which is why this book includes a wide variety of tasty and healthy Keto slow cooker recipes. You can stop being a victim of modern dietary practices and make a positive change in your waistline and your overall health, start with this book today! In This Book you will Learn: -A Clear 2 weeks Ketogenic Diet Plan with Recipes -Benefits of Ketosis -The Science of...

Reviews

Very useful to all group of folks. This really is for all who statte there was not a worthy of reading. I am very happy to explain how this is the best pdf i have study inside my personal life and can be he greatest book for actually.

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This book is really gripping and fascinating. I was able to comprehended every little thing out of this published e pdf. Your life span will likely be transform when you full looking at this ebook.

-- **Mrs. Heaven Schmeler**