



Low Carb Slow Cooker: Easy Crock-Pot Dump Meal Recipes (Paperback)

By Sarah Spencer

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Quick and easy low carb slow cooking recipes with only 15 grams of carbs or less per serving and prepared in 15 minutes or less. That's healthy, simple and delicious! Have you committed yourself to healthy, low carb living? The type of low carb living that does not involve an overabundance of heavy meats and fats, but instead a focus on the proper portions of proteins, combined with nutritionally dense vegetables that eliminates the bad, processed carbs? The balance of a healthy protein-to-carbohydrate ratio is important for long term success and health with this type of dietary lifestyle. Perhaps you are new to low carb living, or maybe you have been savoring the benefits for years, but either way, there is a good chance that you are looking for a little variety, not only in flavors and textures, but also in the way you prepare the foods. This is where low carbohydrate slow cooking can make a difference. No longer will you be held back by your lack of time and energy towards the end of the day. A...

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