



Diet Recipes BOX SET 3 IN 1: 73 Paleo, Gluten Free, Slow Cookers Recipes For Healthy Living And Weight Loss!: (low carb diet books, low carb, low carb ... paleo, gluten free slow cooker recipes)

Catherine McCloud, Nadene Anders, Amalia Harper

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BOOK #1: Slow Cooker Weight Watchers Cookbook. 20 Amazing Slow Cooker Weight Watchers Recipes

This book is filled with 20 yummilicious easy recipes, to cook in a crockpot, and a few accompaniment ideas.

You cannot go wrong with slow cooking, it packs in the flavors.

This is more than a recipe book, it is also a guide explaining the benefits of a low carb, high fat, (LCHF) dietary intake.

Isn't fat bad for us?

Let us explain that not all fats are bad for you. Some fats are good and necessary for the human body. It is important to understand these different types of fat, by knowing how they work in your digestive system.

This dietary plan will put your body into ketosis. Nothing complicated in that, you will be burning fat instead of sugar, ensuring weight loss.

A high fat, low carb way of eating is a healthy dietary plan. Not to be confused with the Atkins diet plan, which is also a keto plan, but based on high protein. Unlike the Atkins, you will not be eating high protein, but a medium level of protein.

Use these recipes as part of your dietary intake for your main meals. Leftovers can be eaten the next day for lunch.

Take a look at our 3-day meal plan, just to get you started.?

BOOK #2: Gluten-Free Slow Cooker Recipes For The 1.5 - 2 Quart Slow Cookers. Top 20 Gluten-Free Slow Cooking Recipes For Two or Just for You.

This book showcases 33 recipes that star poultry, beef, pork, lamb, vegetables, and fruits as their main dishes, along with some stocks and spice mixes that can be made at home; all of them gluten-free.

In addition if you are looking for smaller-portioned gluten-free meals or have a small family, Gluten-free Slow Cooking for Two or Just for You is the perfect resource for you. Featuring recipes geared specifically for use with a 1.5- to 2-quart slow cooker and you'll find here a great meal ideas that you can make with minimal effort and maximum taste! Just prepare the night before and come home to a hot! You're now able to plug in the crockpot and toss a few ingredients that will cook into an awesome dinner for you and your loved ones. The little slow cooker is very easy to use so it makes cooking everyday a snap, and you are able to have a healthy variety of foods at a fraction of the cost of eating out.

In addition to being gluten-free, all of these recipes can be made in the crockpot at your convenience.

BOOK #3: Paleo Slow Cooker Cookbook. Top 20 Quick and Easy Paleo Slow Cooker Recipes to Lose Weight Fast

This book contains 20 of the best paleo diet recipes out there. Each chapter is divided into different foods, such as breakfast, lunch, dinner, snacks, and desserts. Each chapter will contain recipes to help you get on the paleo diet and to eat the best that you can. It's time to take control of your health, and the paleo diet will help. So what are you waiting for? It's time to learn about the amazing paleo diet and the wide variety of recipes it contains!

That is well versed in the technique of low carb cooking, this is the book for you.

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Anna Sanders:

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Dawn Bliss:

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