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Slow Cooker for Different Diets Box Set: Over 80 Hearty Recipes to Try in Your Slow Cooker for Atkins, Paleo, and Vegetarian (Crock Pot & Low Carb)

Vicki Day, Aimee Long, Bobbie Myers

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The Atkins Slow Cooker Cookbook: 36 Atkins Diet-Approved Recipes to Try in Your Slow Cooker

The Atkins Diet has been around us for almost half a century now and, surprisingly or not, it is still one of the most common choices when it comes to adopting a healthier eating plan. At the same time, multiple controversial attitudes concerning the real safety degree of this diet have appeared, making Atkins's idea even more intriguing.

But the Atkins Diet is not the easiest one to integrate in your lifestyle. With entire food categories almost completely excluded from your menu, it can be a problem to find the right recipes to keep you full and to satisfy or make you forget about your annoying food cravings.

And this is exactly what this book is going to help you with: it will introduce you to 36 healthy, delicious Atkins-friendly recipes for all the four phases of this diet. You will also find multiple recipes for your vegan or vegetarian menu. And that is not all: the book will present you a new way to see and taste your diet – through the incredible power that your slow cooker (or crock pot) brings to you.

Already curious? Let's see what other interesting aspects this book will help you with:

• The origins of this diet
• How to accept this diet easier
• Useful information about your own slow cooker
• Which foods are recommended and which ones must be avoided
• How to prepare simple Atkins-friendly recipes with the help of your slow cooker
• Essential tips and tricks for an easier diet

Practical Paleo for Busy People: Delicious Recipes for Your Slow Cooker that are Low Carb and Gluten Free!

Too many people think that the Paleo diet and lifestyle is too complicated, with too much work to be effective. They worry that they will not find foods to eat outside of the home and fret that they just do not have the time to cook the meals that the need.

Then there is another set of people- the ones who are absolutely mystified by the process of cooking. They shudder to think of the disasters that will befall them if they are forced into the kitchen for more than a light snack. Give these people a recipe with more than a few ingredients and they will probably panic.

Your slow cooker is about to become the perfect solution to your new Paleo lifestyle or a welcome addition to it if you are an old pro by now. Everything from fast and simple breakfasts to elegant dinners and even snacks and desserts is covered here and most will require no more than a few ingredients and a few minutes of hands on time. Your slow cooker will do the rest.

Nearly every recipe that is included here will be not only Paleo friendly (which means it will be low carb) but gluten free as well so they can be used by people who are not even following a Paleo diet at all. Even better, these are recipes the entire family will enjoy so there will be no need to make separate dishes any more.

Slow Cooker Recipes for Vegetarians: 35 Easy, Hearty and Meatless Meals for You to Enjoy

If you are a vegetarian or a vegan with several levels of restrictions in your food ingredients, you will also feel that you do not have a whole lot of options when it comes to how you cook your food. This book aims to really make cooking and eating easier and more versatile through the art of slow cooking. Yes! Slow cooking is a manner of cooking meals that require slow and sometimes long processes to infuse more flavors and this can also be used by vegetarians when preparing their meals.

With this book, you will learn:

• That healthy food should not be blanched, blended, stir-fried and eaten raw. It can also be slow-cooked!
• Vegetarianism should not restrict readers from trying out new ways to prepare or cook their food.
• Slow cooking is perfect for any type of diet or lifestyle.
• How to officially convince you that slow cooking can be used to make healthy, h

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Larry Parker:

Book is usually written, printed, or highlighted for everything. You can know everything you want by a publication. Book has a different type. To be sure that book is important thing to bring us around the world. Close to that you can your reading talent was fluently. A reserve Slow Cooker for Different Diets Box Set: Over 80 Hearty Recipes to Try in Your Slow Cooker for Atkins, Paleo, and Vegetarian (Crock Pot & Low Carb) will make you to become smarter. You can feel far more confidence if you can know about every little thing. But some of you think that will open or reading a new book make you bored. It is far from make you fun. Why they are often thought like that? Have you looking for best book or appropriate book with you?

Janice Burgess:

This book untitled Slow Cooker for Different Diets Box Set: Over 80 Hearty Recipes to Try in Your Slow Cooker for Atkins, Paleo, and Vegetarian (Crock Pot & Low Carb) to be one of several books that best seller in this year, honestly, that is because when you read this e-book you can get a lot of benefit in it. You will easily to buy this kind of book in the book retailer or you can order it via online. The publisher in this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Smart phone. So there is no reason to your account to past this publication from your list.

Mabel Maddux:

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Jim Molnar:

Is it you actually who having spare time then spend it whole day through watching television programs or just telling lies on the bed? Do you need something new? This Slow Cooker for Different Diets Box Set: Over 80 Hearty Recipes to Try in Your Slow Cooker for Atkins, Paleo, and Vegetarian (Crock Pot & Low Carb) can be the respond to, oh how comes? A book you know. You are thus out of date, spending your spare time by reading in this brand-new era is common not a geek activity. So what these books have than the others?

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