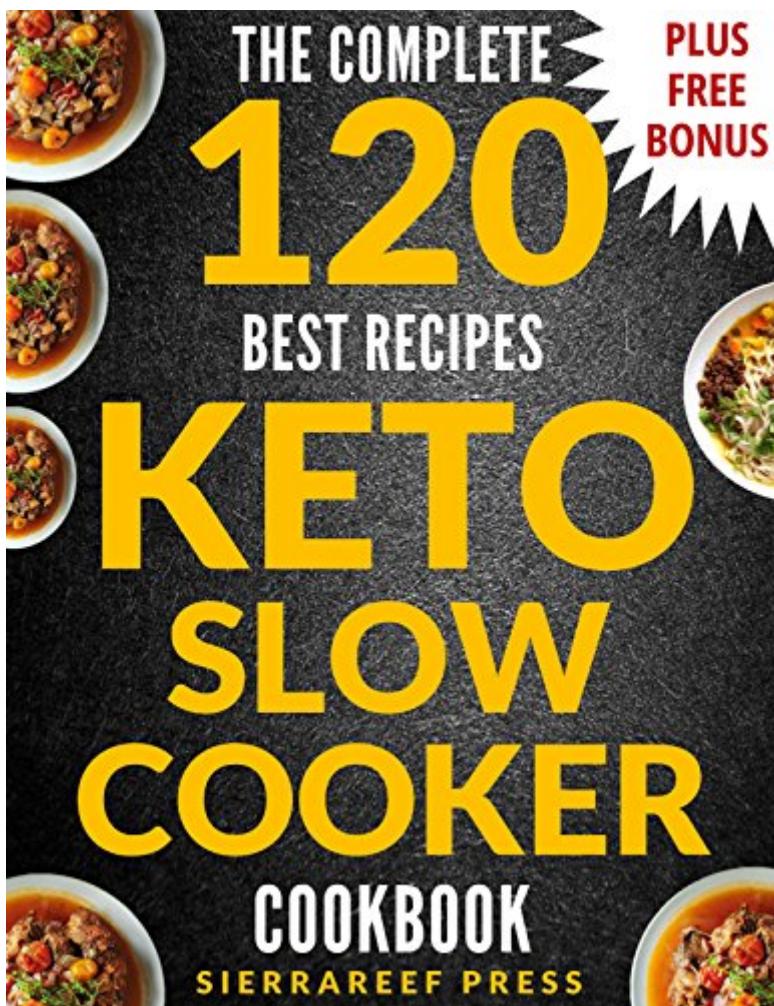


The book was found

KETO SLOW COOKER: 120 Delicious, Quick And Easy Ketogenic Slow Cooker Recipes (keto, Ketogenic, Ketogenic Cookbook, Slow Cooker, Slow Cooking, Ketogenic ... Weight Loss, Paleo, Low Carb, Cleanse)





Synopsis

KETO SLOW COOKER - The Complete Ketogenic Slow Cooker Recipes Guide
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Customer Reviews

I'm collecting recipes for low carb diets. Best recipes are the ones requiring little to no effort. Slow cooking is the best way to meet the very little effort criteria in cooking while turning out a great meal.

Great book. Great recipes. Glad I added it to my collection. :)

There are a few good recopies, but many are not what I would consider "keto" with potatoes and rice. I am glad that I did not spend much for it.

Good looking recipes. But how can you claim a recipe is keto-friendly when it uses biscuits? Or has +20 net grams of carbs per serving? Most of this book is unusable.

Lots of delicious recipes.

Good recipes, easy to do.

Okay, so we'll ignore that there is a mac and cheese recipe with elbow macaroni--- maybe they're just putting in a recipe for your kids to make your life easier. But too many of these recipes have non keto ingredients. Where should I begin? Potatoes not keto. Soy sauce not keto. Splenda is not keto. The list goes on and on. Way to confuse someone potentially new to keto and have them wonder why they aren't losing weight :(Honestly this book should be pulled. It's extremely misleading.

I did not like the recipes that had hash browns and potatoes and bread. You have to watch the carb count. Not all the recipes are Keto. But there are some great Keto recipes in here!

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