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Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick Easy Cooking Recipes, Antioxidants Phytochemicals, Soups Stews and Chilis, Slow Cooker Recipes

By Don Orwell

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How Can You Go Wrong With Superfoods-Only Diet? FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer - they re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Slow Cooker Low Carb book contains low carb recipes from my other Superfoods books. Recipes are not for induction phase, they are more for phase 4, lifetime maintenance. Some ingredients have little bit more carbs and they are marked as optional and it is up to you to include them. All recipes are created with 100 Superfoods ingredients. This 200 pages long book contains recipes for: Superfoods Stews, Chilies and Curries Superfoods Casseroles Superfoods Crockpot Recipes Bonus chapter: Superfoods Stir Fries Bonus chapter: Superfoods Side Dishes Most of the meals can be prepared in under 15 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts...



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Reviews

This book is definitely not effortless to start on looking at but really exciting to see. It really is simplistic but surprises from the 50 % from the pdf. I am just effortlessly can get a delight of looking at a published book.

-- **Thurman Schamberger**

The ideal publication i at any time go through. It is actually rally fascinating through reading through time. I am pleased to inform you that this is actually the greatest book i have got read through during my individual existence and might be he best book for at any time.

-- **Alexandre Cruickshank**