



# 101 Keto Diet Slow Cooker Recipes: 101 Easy, Delicious, and Healthy Low-Carb Crock Pot Recipes

*Kristina Newman*

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## **101 Keto Diet Slow Cooker Recipes: 101 Easy, Delicious, and Healthy Low-Carb Crock Pot Recipes**

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If you want to prepare fast, delicious and healthy meals and stick with your Keto Diet then this recipe book is for you.... THIS RECIPE BOOK was created for people like you who are BUSY but still want to follow a Keto Diet. Each recipe follows the Keto diet and can be prepared and cooked with very little time and effort on your part which makes them all perfect for people who hate working over a stove all day. INSIDE THIS RECIPE BOOK you will get recipes covering everything from Breakfast, Stews, Soups, Main Dishes, and more! If you find yourself at a loss as to how to stay on track with your meals, look no further than the following pages of this book. You will find 101 Keto recipes that are simple, tasty, and can be prepared in a slow cooker, which is a great way to create satisfying meals with relatively low involvement. The 'set it and forget it' method of using a slow cooker is convenient for you, and also brings out the rich flavour of the food you are cooking. This book will therefore show you how easy it is to combine the lifestyle changes of the ketogenic diet with the convenience of slow cooking, and never will you feel that you have sacrificed the taste of your food!

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