



**Low Carb Recipes BOX SET 6 IN 1: 3 Month Challenge To Change Your Body! 166 Low Carb Slow Cooker Recipes: (And 25 Low Carb Casseroles!)low ... Ketogenic Diet to Overcome Belly Fat)**

*Sofia Smith*

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This book is filled with more than hundred 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.

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.

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