

Feel Incredible and Look YOUR Best with the Ketogenic Diet! 50 DELICIOUS Slow Cooker Recipes that are Quick and Easy to Prepare! This book will help you to understand what the Ketogenic Diet is and how you can use it to Lose Weight and Increase Energy Levels! The Ketogenic Diet is a medically and scientifically proven diet plan in which you avoid all high to mid carbohydrate foods and fill those calories with healthy fats. By doing so the body starts burning up unwanted fat instead of carbohydrate, a natural process called Ketosis. The result? Reduced weight and a slim, healthy YOU within weeks! When you follow the Ketogenic Diet you will experience many benefits: Weight Loss, Appetite Reduction, Increased Energy Levels, Burn Unwanted Fat, Increased Levels of HDL (the "good" cholesterol), Decrease Levels of LDL (the bad) Cholesterol, Reduced Blood Sugar and Insulin Levels, Reduce Blood Pressure. Download The Ketogenic Diet: The 50 Best Low Carb Slow Cooker Recipes & you will discover a wealth of nutritious recipes for every occasion: Greek Style Stuffed Chicken Breasts, Buttery Chicken, Tasty Pork Tenderloin, Wine & Coffee Beef Spiced Pumpkin Stew, Beef Stroganoff Soup, Kohlrabi and Pork Stew, Beef Bourguignon, Salmon Pate, Pepperjack and Italian Sausage Meatballs, Bacon Cheeseburger Soup, Slow Cooker Bean-less Chili, Brussel Sprouts Au Gratin, Spicy Chili Soup, Nacho Chicken Casserole, Kung Pao Chicken, Herbed Lamb, BBQ Pulled Chicken, Orange Cinnamon Beef, Italian Sausage and Pepper Soup. FULL nutritional breakdown in all the recipes so you can keep track of your calories! SUPERCHARGE YOUR METABOLISM USING THE POWER OF KETOSIS! Order Your Copy of The Ketogenic Diet: The 50 BEST Low Carb Slow Cooker Low Carb Recipes That Burn Fat Fast Right away! You'll be so glad you took this healthy step!

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