



## Ketogenic Crockpot Recipes: Over 160+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick Easy Cooking Recipes, Antioxidants Phytochemicals, Slow Cooker Recipes (Paperback)

By Don Orwell

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. 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!! Ketogenic Crockpot Recipes - 11th edition book contains ketogenic recipes from my other Superfoods books. 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 210 pages long book contains recipes for: - Superfoods Stews - Superfoods Casseroles - Superfoods Crockpot Recipes Most of the meals can be prepared in under 15 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Our Food Should Be Our Medicine And Our Medicine Should Be Our Food. - Hippocrates...



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