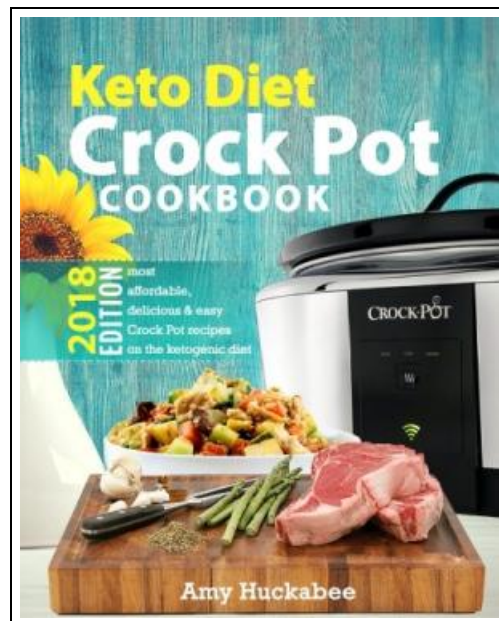


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Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Enjoy affordable, quick & easy meals! In this new 2019 edition, you'll find super affordable, quick & easy Crock Pot recipes for your ketogenic diet, allowing you to save time & money in the kitchen. Each recipe gives: Affordable Ingredients: save time & money by cutting out expensive ingredients. Cooking Times: perfect for busy professionals & moms. Smart Points: perfect for keeping track of your daily macros. Servings: perfect for cooking the right amount of food for your diet. Metric and Imperial Measurements: perfect for folks worldwide. "I just love this Crock Pot cookbook! It's jam packed full of super easy ketogenic recipes which don't require loads of time and money to make. My family just love eating them as part of our ketogenic diet. And the Crock Pot chapter at the beginning has been really helpful for prepping my Pot. Thanks Amy!" -Jill Dice, NY. Equipping you with easy-to-follow recipes and must-know information, this book is your user friendly all-in-one resource for mastering Crock Pot cooking in a super easy, quick, delicious and affordable way. Inside, you'll discover your most favorite Crock Pot recipes bursting with flavor that are affordable and delicious, yet quick and easy to make-the best of best worlds! Inside, you will find. Tasty meals your whole family will enjoy. Wide range of choice, including meals for breakfast, lunch, soups, stews, chilies, beef, pork, lamb, chicken, side dishes, snack & desserts. Meals for vegans & vegetarians. Quick & easy meals for busy professionals and tailed ingredient lists and precise cooking times. Easy-to-follow instructions. Helpful tips and tricks for you to master cooking in your Crock Pot. Crock Pot 101: perfect for beginners to learn how to master their Pot. Amazon exclusive offer: Buy the paperback & get the kindle version for FREE! Pick up your copy today! Happy Cooking!



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