



**Details:**

**Amazon rank:** #25,102

**Price:** \$0.99

**bound:** 180 pages

**Publisher:** CreateSpace Independent Publishing Platform (May 3, 2017)

**Language:** English

**ISBN-10:** 1546427058

**ISBN-13:** 978-1546427056

**Weight:** 10.2 ounces

**Ketogenic Crock-Pot: For Fat Loss And A Healthier Lifestyle- 70 Newest And Flavored Slow Cooker Keto Recipes(Bonus: 14-Day Ketogenic Diet Meal Plan)**

by **Mark B. Jackson**

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**Tired of being fat, sluggish, and in a bad mood? Unhappy with your overweight body and fat belly? No courage to start your weight loss plan? Does your skin have acne? Fell no energy to work or play?**

**Do you often have no time to cook food? Are you busy everyday with your job and still need to cook food for your family when back home? Are you fed up with spending too much time on cooking? What if I said you could have a healthy Ketogenic Diet to lose fat, have a better mood, be more beautiful, be filled with energy, and you can still have your favorite recipes?**

**Continue reading, you will find answers of all the above questions and more!**

**Ketogenic diet emphasizes a low carb, high fat and proper protein lifestyle. By following a good ketogenic diet, we will get too many benefits, below is a brief summary of those benefits:**

**You lose weight fast**

**You have stable energy levels**

**You become smarter**

**You enjoy increased endurance**

**You don't feel hunger any more**

**You improve your blood profile indicators**

**You reduce or eliminate your diabetic medications**

**You regulate your blood pressure without medication.**

**You get rid of your insulin resistance.**

**This book suit for people of any weight, any body type or shape. Through my work, I've helped thousands of people achieve their health and fat loss goals, and I share everything I know in my books.**

**All methods in this book are so easy and simple, and so powerful to you. That it will maybe sound like too unbelievable when you read it at first**

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**time. This Amazing Fat Destroying method will give you an absolute body changeover without any supplements, workouts or high price ineffective pills.**

**So what will you find in this book?**

- 1. Basics of Ketogenic Diet**
- 2. The Benefits of Ketogenic Diet**
- 3. Foods to Eat/Avoid**
- 4. Everything about Crock-pot(Slow Cooker)**
- 5. 70 Delicious and Easy to Make recipes**
- 6. More and more...**

**This book will open the wonderful world of tasty food to you, and show you an eating style without deprivation. Meals will be tasty for the whole family, so that you won't need to cook one thing for them and a completely different meal for yourself.**

**All the recipes are so unique and delicious, they are all very easy to make, and the ingredients are easy to find in your local market. This book will put an end to your old and unsatisfactory routine, which was a burden to you and to everybody around you. In the end of the book, you will find a 14- day meal plan, which will provide you a good start for your ketogenic journey.**

**We have made this book very easy to follow. We have put all of what we have known and experienced before about ketogenic diet in this book. You will get the tips and essential knowledge of the ketogenic diet spending just a few minutes reading. This book is not just a good guide for your ketogenic diet, and it's not just for losing weight; we believe it will be your lifelong companion.**

**Scroll up now and click the buy button to begin your Ketogenic Diet Adventure!**

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