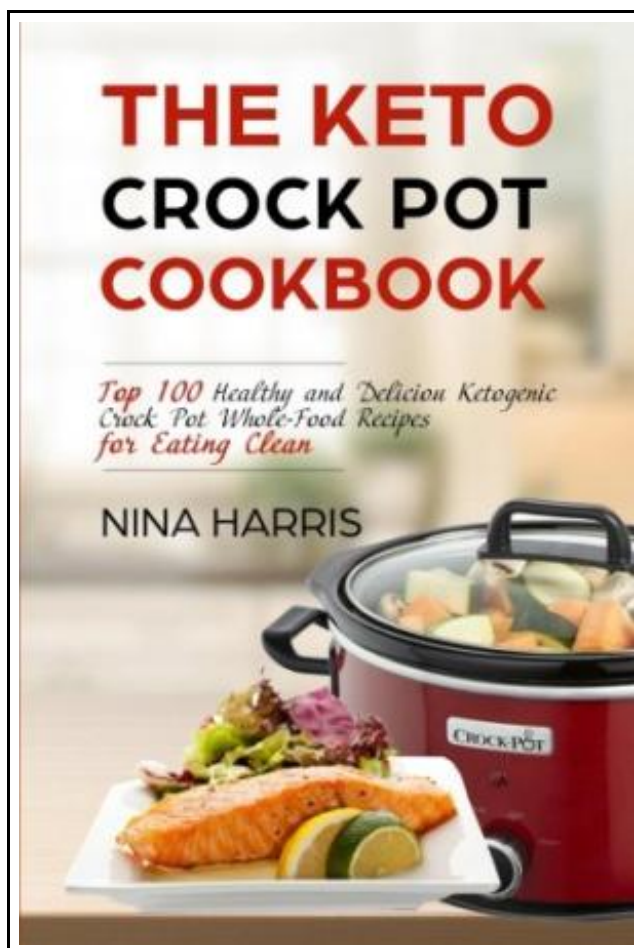


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.There are many types of diets out there that promise effective weight loss and better overall health. But what if I tell you that the secret to healthy weight and body lies in eating the right food prepared the right way? The answer is cooking whole food ketosis-friendly food using your crockpot. Sounds difficult to follow? Then this book is definitely for you! Preparing keto crockpot clean eating recipes may be daunting but it is simply defined as meals made from whole foods that can encourage the body to activate its fat-burning mechanism so that you lose weight effectively and also prevent metabolic diseases like diabetes and obesity from setting in. With this particular diet, you can take charge of your health. There have been countless studies touting the benefits of eating clean and keto-friendly foods. But while you think that it is very difficult to prepare such dishes, think again! With a crockpot, all you need to do is to dump all ingredients, wait for it to cook and you are good to go. Let this book serve as your ultimate guide to preparing healthy and delicious food that can jumpstart your weight loss and healthy lifestyle without the need to slave in the kitchen. Understand Keto Diet and Clean Eating The Principles Behind This Hybrid Diet Do s and Don ts to Stay Healthy Maximizing Crockpot Cooking Tips and Tricks to Using Crockpot 100 Recipes for Breakfast, Pork, Beef, Poultry, Seafood, And Vegetables Nutritional Information for Each Recipe Learn How to Make These Delicious and Healthy Keto Crockpot Clean Eating Recipes: Eggs with Spinach and Yogurt Cowboy Breakfast Casserole Chicken Cooked in Coconut Milk and Lemon Grass Chicken Stew in...



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