



Slow Cooker Low Carb Cookbook Box Set (2 in 1): Recipes for Low Carb and Atkins Diet for Busy People on the Go (Low Carb Recipes & Atkins Diet)

Vicki Day, Wendy Cole

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Book one: The Atkins Slow Cooker Cookbook: 36 Atkins Diet-Approved Recipes to Try in Your Slow Cooker

The Atkins Diet has been around us for almost half a century now and, surprisingly or not, it is still one of the most common choices when it comes to adopting a healthier eating plan. At the same time, multiple controversial attitudes concerning the real safety degree of this diet have appeared, making Atkins's idea even more intriguing.

However, if there is one thing that we can all agree upon, that is the fact that there are thousands and thousands of persons who have numerous reasons to be grateful to Dr. Atkins.

But the Atkins Diet is not the easiest one to integrate in your lifestyle. With entire food categories almost completely excluded from your menu, it can be a problem to find the right recipes to keep you full and to satisfy or make you forget about your annoying food cravings.

And this is exactly what this book is going to help you with: it will introduce you to 36 healthy, delicious Atkins-friendly recipes for all the four phases of this diet. You will also find multiple recipes for your vegan or vegetarian menu. And that is not all: the book will present you a new way to see and taste your diet – through the incredible power that your slow cooker (or crock pot) brings to you.

Already curious?

Let's see what other interesting aspects this book will help you with:

- The origins of this diet
- How to accept this diet easier
- Useful information about your own slow cooker
- Which foods are recommended and which ones must be avoided
- How to prepare simple Atkins-friendly recipes with the help of your slow cooker

- Essential tips and tricks for an easier diet

These and many other useful pieces of information are presented in the inside chapters.

No diet has ever been easier! Eat, enjoy your meals, and get thinner in a healthy way.

Download this book now and learn how to lose weight wisely.

Book two: Low Carb Diet: Quick and Easy Low Carb Recipes for Busy People on the Go

By this point you have probably heard about the low carb diet. You may even know a few people who have chosen to go on this kind of diet plan. This is a great option for those who are looking to lose some weight and get their blood sugar levels, as well as overall health, in order in no time. With the help of this guidebook, you will be able to do this in no time at all.

There is so much information about this diet plan, it is hard for a lot of people to figure out what they should be doing. But this guidebook will help you to find the recipes that you need to get started.

Inside this book you will learn:

- Some good breakfasts to keep you full in the morning
- Lunches to take on the go with you
- Dinners the whole family will love (without knowing they are diet foods)
- Desserts to keep you on track

Check out this guidebook today to see how tasty and delicious being on the low carb diet can be for you.

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Valarie Chamberlin:

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