

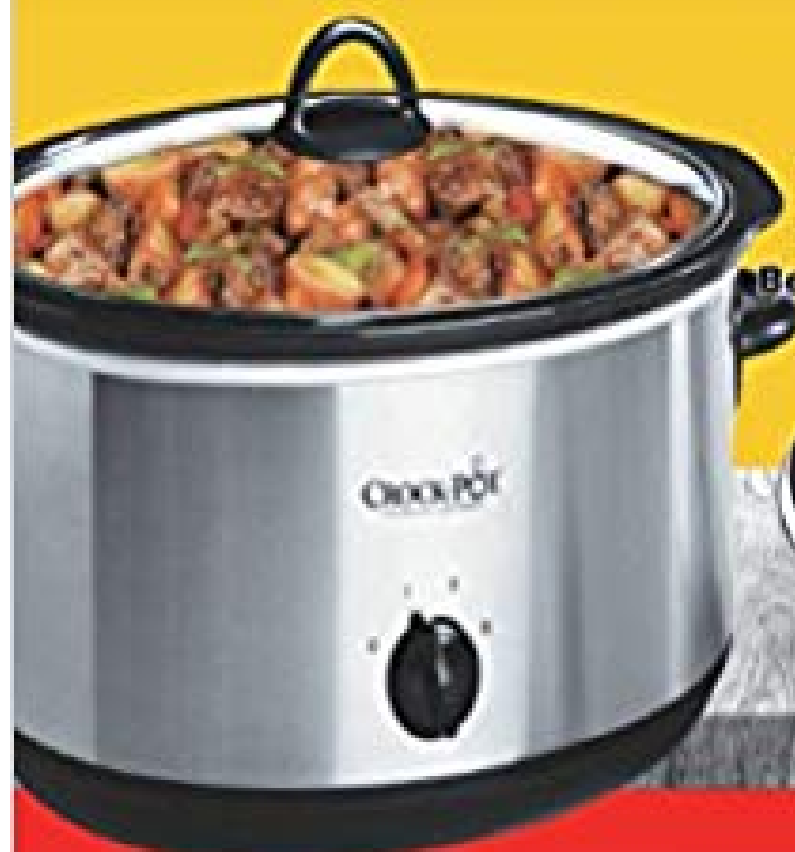


THE 5 INGREDIENTS OR LESS

CROCK-POT

KETO DIET

COOKBOOK



**120 Easy, Fast and Tasty Low Carb
Ketogenic Diet Slow Cooker Recipes
To Lose Weight Tremendously
Be Healthy And Upgrade Your Lifestyle**



TERESA LILY

Teresa Lily

The 5-Ingredient or Less Keto Diet Crock Pot Cookbook: 120 Easy, Fast and Tasty Low Carb Ketogenic Diet Slow Cooker Recipes to Lose Weight ...
Reset Diet Crock-Pot Slow Cooker Cooking)



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If you are searching for some easy and delicious recipes for your Keto Diet Journey, if you want to save time and money for your every meal. It combines Keto and Crock-Pot Cooking to provide you easy and healthy 5-ingredient or less recipes, which all are keto-friendly and time-conserving. This book should be your complete guide of Ketogenic Diet, which will tell you all essential understanding of Keto Diet. Ketogenic Diet has shown by researchers to be the most popular and effective diet for fast weight loss, better sleeping, better epidermis, improving energy level, preventing disease and prolonging our lifestyle. Then you are reading the right book! Inside this book, you will discover many delicious quality recipes, which all are easy to prepare, including: Keto Beef Recipes Delicious Pork Recipes Flavored Lamb Recipes Easy Seafood Recipes Mouth-watering Poultry Recipes Simple Soups and Stews Healthy Vegan Recipes Amazing Appetizers Graceful Side Dishes and Desserts What are you waiting for? Take just a few seconds, scroll up to click on the "BUY NOW WITH 1-CLICK" button!



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It contained butter and onion soup (Dry). three to five 5 Ingredients. So lots of the recipes look as well unappetizing to also attempt. Appears like it's translated from another language. You can find no photos in the book. Most of these testimonials are fake-don't waste your time and effort or money. Most of the photos aren't even crockpot made foods. The recipes are terrible--and most appear to be composed by a person who only gets the vaguest notion of a keto diet plan. Several errors in the "understanding" chapters (for example they list foods you can "consume freely" and "sometimes". This book is CRAP-don't waste your time or money This book does not have any photos. It's a very cheaply come up with book. Several call for adding glucose (or canned peaches, or soda), a no-brainer no-no on a keto diet plan. The food pictures on the cover are not recipes that are actually in the book and all may actually have way more than 5 elements. Then the whole premise of the keto diet plan is low carb, high extra fat and moderate proteins. The recipe called for no sausage at all and it was the identical recipe as the green chili chicken on page 63 therefore i will just make an effort to figure out on my own the rest I assume. I hope the rest of the book is not this way. but was surprised to notice this many times in this book. Poorly written. Instructions not clear Horrible Badly written recipes with typo's, nothing good to say about this one. Nope. Glad it had been cheap Keto cook books Carbohydrates are to high. Unappetizing recipes.. There's a blunder on the 1st line on the trunk cover. Meal time simplified So many uses and great recipes for the crockpot make it so simple also my husband will cook and eat them. I'll use other recipes as well. We've done the meal providers and spend all that time we save shopping and cooking clearing up the huge mess. Easy to stay with it if it is simple to prep consume and clean up. Good recipes I've made a few of the dishes. I like they are Keto, and I love that the quality recipes are easy and for the Crock Pot. I did notice that several elements were left off of the source list at top but were described in the instructions to include in. I just made my very own notes to improve this, not a problem... Glad it was Not a classic keto source. Oversights and mistakes? However, the recipes i thought we would make, out of this book, had been very good! Love the cookbook Great Love it Great cookbook!!! Easy cooking! We made a stew with beef that was extremely good. Fake reviews After looking nearer at the critiques, it's extremely obvious that they're fake. I also made chicken breast with drinking water, lemon slices. Whenever your at the job 10 hours a day time with commuting and the non-public chef is usually laughable, this book will provide you with options. Don't be duped like I was! Don't buy... not useful! On time Very nice book Nice book can't wait to try making a few of this food Nice book can't wait to try making a few of this food crockpot recipe for keto great publication evrything you should know! Don't purchase this! Don't waste your money! Lame explanations of the Ketogenic diet.. some foods are on both lists! I hope the writer, Teresa Lily, can be contacted for this error and wish that the book can get proofread properly later on.! Bad proofreading of recipes Very much to my surprise We experienced the book to find a great crock recipe to make and one that looked great if you ask me was the chicken and sausage on page 62... almost every recipe the protein is higher than the fat and a lot the protein is certainly significantly higher!!



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