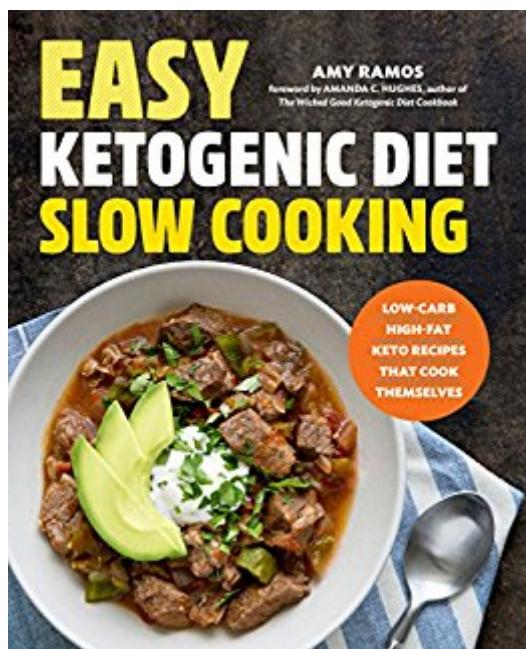


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# Easy Ketogenic Diet Slow Cooking: Low-Carb, High-Fat Keto Recipes That Cook Themselves



## Synopsis

"With over 120 easy recipes to choose from, Easy Ketogenic Diet Slow Cooking would be a great addition to your low carb cookbook collection."-Carolyn Ketchum, author of The Everyday Ketogenic Kitchen

Eating a high-fat diet to lose weight sounds almost too good to be true, yet the ketogenic diet offers exactly that. But to truly succeed on the ketogenic diet, you need recipes that are not only simple and satisfying, but actually work. Easy Ketogenic Diet Slow Cooking offers the knowledge and guidance you need to lose weight and keep it off for good. With Easy Ketogenic Diet Slow Cooking, you're getting a cookbook and reference guide that:

- Offers over 100 truly easy slow cooker recipes for saving time while following the guidelines of the ketogenic diet
- Outlines the most effective ingredients for staying in ketosis (and how much to use)-as well as which keto-foods are best for slow cooking
- Includes detailed macronutrient percentages and handy keto-quotient icons for quick and easy reference when planning meals
- Ideal for cooking affordable cuts of meat to perfection and whole food ingredients for maximum nutrition, Easy Ketogenic Diet Slow Cooking delivers an entire collection of ketogenic diet recipes specially written for your slow cooker.

## Book Information

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## Customer Reviews

Contains some good recipes. I've tried the chili & thought it was good. Bonus to use a slow-cooker to save time & doesn't heat up the kitchen in summer. Can adjust spices within recipes to meet your taste.

This had some great recipes I plan to use very soon.

Great easy recipes you will refer to many times.

Still trying to cook my way through it..good book

Easy Ketogenic Diet Slow Cooking is a gem. Each recipe contains a high, medium or low keto quotient button, also labeled as to Dairy, Nut, and Allergen Free and Paleo-Friendly and Quick Prep. I love when a cookbook has these noted, saves time and makes finding inspiration faster (for slow cooking). The nutritional calculations are also provided here. I made the Buttery Coconut Bread this morning and was thrilled with the mix of flours and texture of this slow cooker bread! The Asian Pork Spare Ribs were a hit last night. The Condiments, Sauces & Broths Chapter offers a Ghee recipe and an awesome Spinach-Cheese Spread. I have a few slow cookers and not many go-to recipes but I think this book will solve that now. Too many slow cooker recipes call for dumping a can of this or a jar of that into the pot and just having an over sauced unhealthy dish resulting from this. Can't wait to try the Coconut-Chicken Curry recipe and the Hungarian Chicken. Besides people using the Keto diet for weight loss this cookbook looks to be a very good guide for good and tasty slow cooking for everyone! Here's to using some of my slow cookers, finally! The publisher sent me this book without charge.

The Easy Ketogenic Diet Slow Cooking book is good for several groups of folks, including not only those on a ketogenic diet of healthy fats, protein and whole foods, but paleo dieters as well, as many recipes have easy suggestions to modify ingredients for that diet. Slow cooking fans and those who appreciate easy, delicious recipes also will enjoy this guide. It is a complete guide, starting with selecting the right slow cooker for yourself. Good ideas are scattered throughout, such as grease the slow cooker insert before using each time (I used spray olive oil and was amazed at what a difference that made for cleanup!) Cutting ingredients into the same size is suggested, at least for the large ingredients. I also liked the food safety cautions and cooking time equivalents.

The dirty dozen and clean fifteen gave me some pause, as it lists the foods scientists found to be high in pesticide contamination, as well as those that measured with negligible amounts of pesticide residue. Recipes are grouped into dairy, nut and allergen free, Paleo friendly and quick prep. Chapters organize recipes for breakfasts, , soups, vegetables, poultry, pork and lamb, beef, desserts (yes!) and sauces. In the latter, you can find out how to make your own ketchup and one of my favorites, beef bone broth. I plan to try both of those and others soon. The first recipe I tried was Creamy Lemon Chicken (p. 84), which you can modify for the Paleo diet. It was, as the book title suggested, EASY. In fact, the only hard part was smelling the magnificent scents as it cooked and waiting for the dish to be finished. OK, I admit it. I reduced the cooking time by using the high setting on the slow cooker, cutting the time in about half. The result was not only fragrant, it was very flavorful. I found the sauce quite thin, but absolutely delicious. I was given an examination copy of this book from the publisher, but this review reflects my true feelings and experiences with the book.

If you only have a slow cooker to cook with, then this is the book for you. I normally do not use a crock pot/slow cooker but with temperatures in the upper nineties and plus 100's I have dusted off my crock and put it to use rather than firing up the oven. I have only recently switched to a ketogenic diet and was glad to receive this book last week. I found the organization of the book to be well done with a good introduction of the history of slow cookers and how they have evolved. The recipes all have the macro-nutrient ratios computed along with the per serving break downs etc. As keto and paleo diets share similarities there are notes and comments that point out how to make it paleo friendly. All in all a well laid out and easy to read and follow cookbook with interesting recipes to try. Nice job! Note: I received a free copy of this book from the publisher. My opinions of the book are my honest impressions.

I was on the Keto diet last year and while it was easy to stick to and I did have success, I reached a point where I thought I could go it alone, as in get rid of my Keto cookbooks and stop tracking. Yeah, that didn't work out so well so now I'm trying to get re-inspired! This book is one I had not seen so I decided to check it out. I was amazed at the delicious sounding recipes that are so much more than just a hunk of meat and a few veggies. It's almost like two books in one because you get a lot of information on using a slow cooker in the beginning. The recipes cover everything from breakfast to stews to dessert! There is a chapter for each typical protein (poultry, pork, beef) as well as vegetarian and condiments/sauces. Some of the recipes do call for out of the ordinary (which translates

EXPENSIVE to me) but there are enough familiar ingredients that you would not be buying this book just to get 3-4 outstanding recipes. There is a description with each recipe that tells you if it is *ÃƒÂ¢Ã  ¬Ã  Ëœquick prepÃƒÂ¢Ã  ¬Ã  â„¢*, allergen-free, dairy-free, paleo-friendly, or nut-free. You also get the Keto Quotient symbol (high, med, low) and macros (fat/protein, carb) as a quick reference but there is also all the nutritional values as well. I keep returning to page 35 Layered Egg Casserole so IÃƒÂ¢Ã  ¬Ã  â„¢m pretty sure that is going to be the first recipe I try. I feel like this book is going to help me get back on track!! I took advantage of an offer from the publisher to get this book free and with no obligations. This review is given by choice.

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