



Low Carb Slow Cooker: 44 Low Carb Slow Cooker Recipes So Simple And So Delicious That You Almost Feel Guilty You Didn't Put More Effort In To It-Save ... Beginners, Low Carb Living, Crockpot Meals)

Maggie Bradley

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After a long day, walk in the door to the enticing aroma of a delicious, slow-cooked dinner.

The slow cooker is one of the few cooking methods where you can cut the cooking time by turning up the temperature and still get great results. If something takes 10 hours on the "low" setting, you can safely cook it for 5 hours on the "high" setting with very similar results. Almost everyone who is trying to lose weight needs to control their carbohydrate intake to successfully lose the pounds. There are a lot of variations to the low carbohydrate diet and you need to find one that suits your needs and lifestyle. Nevertheless, finding recipes that are low in carbohydrates is less complicated if you know what ingredients to use. A lot of people do not realize just how versatile a slow cooker can be when you are preparing meals. A lot of low-fat and low-carb meals can be prepared with minimal effort by just putting a few ingredients into your slow cooker before you head off to work. The low-carb lifestyle is not just about eliminating bad carbohydrates and eating fewer carbs overall—it's also about eating protein that fuels the body, including lean muscle, so you look fit and feel fabulous. We're sharing 44 low-carb, high-protein slow cooker recipes to add to your meal plan.

Here Is A Preview Of What You'll Learn...

- Wine and Tomato braised Chicken
- Mahogany Chicken Thighs
- Hungarian Beef Goulash
- Red Curry Pulled Pork Sandwich
- Aztec Corn Chowder
- Slow Cooker German Potato Salad
- Spring Vegetable and chicken stew
- Spinach, Wild Rice and Chicken Soup
- Triple Chocolate Covered Peanut Clusters
- Plum Vanilla Bread Pudding
- Pineapple Coconut Tapioca
- Curried Chicken, Barley and Vegetables
- Much, much more!

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