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Atkins Diet 2017 The New Delicious Low Carb Ketogenic Diet & Atkins Diet Slow Cooker Cookbook



The Atkins Diet 2017
The New
Delicious Low Carb
Ketogenic Diet & Atkins Diet
Slow Cooker
Recipes Cookbook
By *Shelby Saffron*



Synopsis

Let's get excited! Add new energy, excitement and flavor to low carb cooking with Atkins Diet 2017 The New Delicious Low Carb Ketogenic Diet & Atkins Diet Slow Cooker Cookbook (A Revised and Updated Edition of Atkins Diet 2015 The New Delicious Low Carb Atkins Diet Slow Cooker Cookbook). Discover all the secrets to making absolutely amazing Atkins Diet & Ketogenic Diet recipes by using all the usual delicious low carb ingredients, like butter, cream, meat, poultry, fish, oils, bacon, herbs and spices in addition to discovering fabulous new products, like noodles, ketchup, barbecue sauce, spaghetti sauce and fruit spreads that are actually Zero Carbs! Many of the super delicious recipes within these pages are 0 Carb, Less Than 1 Carb, 1 Carb and 2 Carbs Per Serving! Welcome to the wonderful world of Atkins Diet Low Carb Slow Cooker Cooking! If you are looking for new and exciting, absolutely delicious, super simple Atkins Diet recipes, you're in the right place! Slow Cooker Cooking is so fun and easy! Simply throw your ingredients into your Slow Cooker in the morning, and by the end of the day you have a hearty, filling, super delicious meal waiting for you. Tantalize your taste buds with hearty meals that are sure to please any appetite! Just imagine crowd-pleasing low carb favorites like:New! Atkins Diet Slow Cooker Cuban BolicheNew! Atkins Diet Slow Cooker Cheesy CauliflowerNew! Atkins Diet Slow Cooker Italian Sausage & PeppersAtkins Diet Slow Cooker Amazing Chicken Cacciatore!Atkins Diet Slow Cooker Asian Pork Chops!Atkins Diet Slow Cooker Barbecued Ribs!Atkins Diet Slow Cooker Beef Burgundy!Atkins Diet Slow Cooker Beef Fajitas!Atkins Diet Slow Cooker Butter Chicken!Atkins Diet Slow Cooker Chicken Alfredo!Atkins Diet Slow Cooker Cilantro Lime Chicken!Atkins Diet Slow Cooker Corned Beef And Cabbage!Atkins Diet Slow Cooker Smoked Turkey!Atkins Diet Slow Cooker Spaghetti Sauce!Atkins Diet Slow Cooker Veal Picatta!You're going to love this new cookbook, I guarantee it! Enjoy!Table Of ContentsNew! Atkins Diet Slow CookerCuban BolicheNew! Atkins Diet Slow CookerCheesy CauliflowerNew! Atkins Diet Slow CookerItalian Sausage & PeppersAtkins Diet Slow CookerAmazing Chicken CacciatoreAtkins Diet Slow CookerAsian Pork ChopsAtkins Diet Slow CookerBarbecued BeefAtkins Diet Slow CookerBarbecued ChickenAtkins Diet Slow CookerBarbecued Pulled PorkAtkins Diet Slow CookerBarbecued RibsAtkins Diet Slow CookerBeef And BroccoliAtkins Diet Slow CookerBeef BurgundyAtkins Diet Slow CookerBeef FajitasAtkins Diet Slow CookerBeef Pot RoastAtkins Diet Slow CookerBeef StewAtkins Diet Slow CookerBeef StroganoffAtkins Diet Slow CookerBeef TenderloinAtkins Diet Slow CookerBolognese SauceAtkins Diet Slow CookerBuffalo Chicken WingsAtkins Diet Slow CookerButter ChickenAtkins Diet Slow CookerChicken AlfredoAtkins Diet Slow CookerChicken And BroccoliAtkins Diet Slow CookerChicken And MushroomsAtkins Diet Slow CookerChicken And PeppersAtkins Diet Slow

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Book Information

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Customer Reviews

Atkins Diet 2017 by Shelby Saffron is an excellent resource for cooks trying to reduce their carbohydrate intake, in their battle to reduce weight.I am afflicted with Type 2 Diabetes, I am advised to consume less carbohydrates, but not to eliminate them altogether, so this book is of less use to me than it will be to others. What I mean is, I certainly can utilize these recipes, but should consume some carbohydrates at the same time, so that my glucose remains under control.I bought this on recently, because I am always looking for delicious meals with less carbohydrates and fewer

calories. Let's face it, I am far too short for the weight I pack around. My option is to either grow about 24 inches or lose a hundred pounds...What I love about this is that it is quick, to-the-point, and easy to understand and follow the directions. What is missing? Prep times, other nutritional information, such as protein, fat, calories and so forth, and the estimated prep time. Even so, this is one useful resource for most everybody.

Excerpt Atkins Diet Slow Cooker Barbecued Chicken

1/4 Cup Vegetable Oil
1 Whole Cut Up Chicken
1 Bottle Walden Farms BBQ Sauce
1/4 Cup Splenda Brown Sugar (Optional)
1 Tablespoon Garlic Powder
1 Tablespoon Liquid Smoke
Salt And Pepper To Taste

Heat the oil in a large skillet over medium-high heat. Add the chicken pieces and brown on all sides. Place the chicken pieces in the bottom of your slow cooker. Whisk the remaining ingredients together in a medium bowl, pour over the pork chops, cover and cook on low 8-10 hours.

Number of Servings: 8
Carbohydrates Per Serving: Less Than 1
Saffron, Shelby. Atkins Diet 2017 The New Delicious Low Carb Ketogenic Diet & Atkins Diet Slow Cooker Cookbook (Kindle Locations 330-339). Kindle Edition.

Bottom Line Although not exhaustive, this is a useful resource. Four stars out of five. Comments regarding your opinion of this book or of my review, whether favorable or unfavorable, are always welcome. If you buy the book based on my review and become disappointed, especially, I do want to know that and I want to understand how I can improve as a book reviewer. Just please be polite. Thank you.

Lots of good everyday recipes with common ingredients . Like that dishes are family friendly. Try this cook book, its awesome!

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