



Low Carb: Low Carb Recipes. 20 Slow Cooker Recipes for Weight Watchers: (high protein, low carb diet books, low carb cookbook, low carb diet for beginners, ... carb quick and easy, Low carb crockpot, 1)

Diana Barkley

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20 Low Carb Slow Cooker Recipes for Weight Watchers!

It is well documented that reducing the amount of refined carbohydrates in your diet is a good way to support weight loss. We also know that it is healthier, cheaper and better for you to cook all of your meals from scratch, rather than relying on prepackaged food. But many people are too tired at the end of a working day to be able to come home, then face cooking a healthy evening meal, or may not have the time in the evenings to stand in the kitchen.

The slow cooker is your solution to this problem. Not only can you prepare it in the morning, then set it on a timer to have a delicious hot meal ready and waiting for you when you come home, you can also use less popular cuts of meat and so save money. The long, low temperature that the slow cooker provides is perfect for cooking the more flavorful 'working joints' of meat. It is also naturally low in fat, since none is required for cooking — in fact, it is best to trim any excess fat from the meat before you start, as this will not drain off or brown as it would for more conventional cooking methods.

This book includes recipes:

- Jerk Chicken
- Vegetable Frittata
- Lamb Shanks and Beans
- Asian Style Beef
- French Onion Soup
- Vegetarian Bolognaise

- Poached Salmon
- Buffalo Chicken
- Spicy Roast Chicken
- Thai Red Curry Beef
- Glazed Spare Ribs
- Classic Pot Roast
- Spicy Fish Stew
- Mediterranean Chicken
- Chili Con Carne
- Lentil and Artichoke Tagine
- Pulled Pork
- Asparagus
- Chicken Parmesan Soup
- Italian Style Meatloaf
- Jambalya

Slow cookers are experiencing a boom in popularity, and it's not hard to see why. If you have one languishing at the back of a cupboard, it's time to dust it off and get cooking!

Download your E book "Low Carb: Low Carb Recipes. 20 Slow Cooker Recipes for Weight Watchers" by scrolling up and clicking "Buy Now with 1-Click" button!

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Shannon Thomas:

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