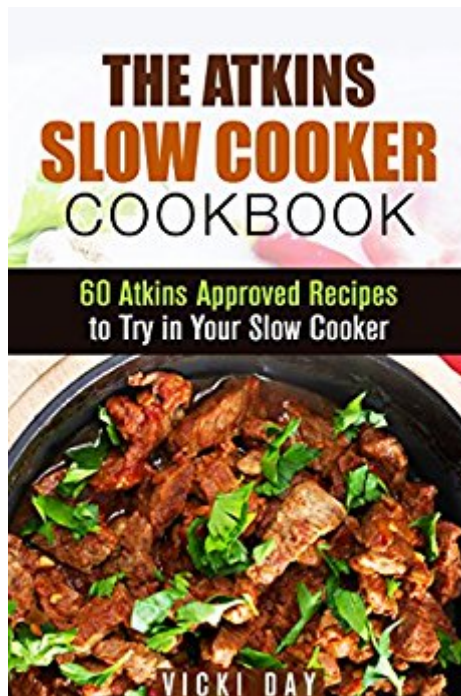


The book was found

The Atkins Slow Cooker Cookbook: 60 Atkins-Approved Recipes To Try In Your Slow Cooker (Low Carb & Weight Loss)



Synopsis

The Atkins Diet has been around us for almost half a century now and, surprisingly or not, it is still one of the most common choices when it comes to adopting a healthier eating plan. At the same time, multiple controversial attitudes concerning the real safety degree of this diet have appeared, making Atkins's idea even more intriguing. However, if there is one thing that we can all agree upon, that is the fact that there are thousands and thousands of persons who have numerous reasons to be grateful to Dr. Atkins. But the Atkins Diet is not the easiest one to integrate in your lifestyle. With entire food categories almost completely excluded from your menu, it can be a problem to find the right recipes to keep you full and to satisfy or make you forget about your annoying food cravings. And this is exactly what this book is going to help you with: it will introduce you to 36 healthy, delicious Atkins-friendly recipes for all the four phases of this diet. You will also find multiple recipes for your vegan or vegetarian menu. And that is not all: the book will present you a new way to see and taste your diet – through the incredible power that your slow cooker (or crock pot) brings to you. Already curious? Let's see what other interesting aspects this book will help you with: The increase of sociability A reduction of stress and anxiety An increase in focus An increase in fine motor skills These and many other useful pieces of information are presented in the inside chapters. No diet has ever been easier! Eat, enjoy your meals, and get thinner in a healthy way.

Book Information

File Size: 5586 KB

Print Length: 226 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 23, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B012ESK5Y6

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #48,441 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Atkins Diet #20 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #61 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Appliances

Customer Reviews

The Atkins Slow Cooker Cookbook, needless to say, follows and basically and briefly describes the Atkins diet: low carbohydrate but not necessarily high fat, no "white" foods, no sugars, basically "eat wisely". I was interested in this book mainly because as a vegetarian and successful gastric bypass surgical patient, I often eat too many carbs in trying to get adequate protein. I skipped over the meat entrees of the book (the majority of the recipes) and after reading the intro flipped to the Vegan and Vegetarian Menu pages (16 recipes from soups to entrees and sides) and looked over the Desserts too (of course!) as well as "Best Practices & Common Mistakes" (a page each of "Do's" and "Don'ts". As a book, this is a reminder of the Atkins diet yet simple enough to read and follow without thinking you're taking a science course. As a cookbook, I like how SOME of the nutritional content of each recipe (net carbs, calories, fat, protein, total carbs, but that's all) is shown, as well as its cooking time (considering this is for slow cookers) in charts under a picture of the finished recipe. As a former chef and current nutrition-minded homemaker, I do NOT like how the ingredient list often consists of a can of this or that (processed foods!?! UGH! and salty too if in cans - note the sodium content is NOT revealed here!!!) None of the recipes are really noteworthy, just basic recipes adapted for the slow cooker; most often about a half dozen ingredients. Hate to say it, but where this book shines is in the Dessert chapter. There is a heavy accent there on the usage of coconut &/or almond flour and milk, which ups the protein and thus nutritional content considerably.

[Download to continue reading...](#)

Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes The Atkins Slow Cooker Cookbook: 60 Atkins-Approved Recipes to Try in Your Slow Cooker (Low Carb & Weight Loss) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low

carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Slow Cooker-Slow Cooker Recipes Book 109) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss) Crockpot Recipes: 30 Delicious, Dairy & Gluten Free, Low Carb Recipes For Busy People (Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, Gluten Free ... Cooker Recipes, Low Carb Cookbook Book 1) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Top 30 Easy Vegan Slow Cooker Recipes For Busy Women: Amazing Vegan Recipes For Weight Loss And Healthy Eating: Slow Cooker, Slow Cooker Cookbook, Slow ... Cooker Recipes Cookbook For Busy Women 1) Slow Cooking - Top 500 Slow Cooking Recipes Cookbook (Slow Cooker, Slow Cooker Recipes, Slow Cooking, Meals, Slow Cooker Chicken Recipes, Crock Pot, Instant Pot, Pressure Cooker, Vegan, Paleo) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts)