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Mallory Stevenson

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Low Carb High Fat Cookbook

20 Slow Cooker Chicken Recipes For Weight Loss

This book “Low Carb High Fat Cookbook” has a great deal to offer you. In this book you will learn different recipes that aim to provide you low carbs and high fats. All the mentioned recipes in this book are slow cooker chicken recipes. Obviously these recipes will help you a lot to reduce weight.

In this enchanting book “Low Carb and High Fat Cookbook” not only the recipes are given but you will also find some tips and serving patterns as well. In addition, this book also have nutritional information about different recipes. After reading this information you can choose those delicious recipes that are really helpful for your workout. This book is a guideline for those people who want to know what nutritional values these recipes have. Because people often want to set out their diet plans. These slow cooker recipes are not only easy to cook and serve but also these are delicious and full of nutrients. Like other recipes, you don’t need to waste your time on them. Here in this book you will find a brief introduction of low carb and high fat recipes, 20 slow cooker chicken recipes that are really helpful for weight loss.

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Louis Jackson:

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Amanda Dell:

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Susan Granger:

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Scott Foust:

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