



30 Low Carb High Fat Recipes for the 1.5 - 2 Quarts Slow Cooker. Healthy Crockpot Recipes for Weight Watchers: (high protein, low carb slow cooker cookbook, ... carb high fat cookbook, low carb high fat,)

Sofia Smith

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Low Carb High Fat Recipes for the 1.5 - 2 Quarts Slow Cooker (FREE Bonus Included)

Top 30 Healthy and Delicious Crockpot Recipes for Weight Watchers and For Those Who Just Love Healthy Eating

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You look for recipes for your slow cooker and unfortunately, the recipes you find are way too large for your single serve slow cooker that is only 1.5 to 2 Quarts? To make matters worse, you might be on dietary restrictions that call for you to eat only low carbohydrate, high-fat foods? You try to figure out how you can cut down the recipe for your smaller, portion friendly slow cooker and what recipes suit your diet better?

So in this book you will find 32 low-carbohydrate, high-fat recipes that will satisfy your cravings as well as reduce your amount of leftovers with your small Electric slow cooker!

Get out your 1.5-2 quart slow cooker and enjoy a home-cooked, healthy meal that follows your diet requirements.

In this book you will find the following:

Chapter One – Poultry

- Creamy Chipotle Chicken
- White Wine Chicken
- Simple Baked Cornish Hen
- Lemon Pepper Cornish Hen
- Buffalo Wings
- Easy Cornish Game Hens
- Herbed Slow Cooker Chicken Breast

Chapter Two – Pork

- Sauerkraut Pork
- Kielbasa and Beer
- Pernil Pork
- Slow Cooker Pork
- Kalua Pig
- Machaca
- Ham With Pineapple
- Chourico and Peppers
- Carne Adovada

Chapter Three – Beef

- Red Wine Beef Roast
- No Peek Beef Stew
- Meatloaf
- Roast Beef
- Texas Beef Soup
- Bangladeshi Beef Curry
- Mushroom Slow Cooker Roast Beef
- Spicy Beef Curry Stew
- Spanish Beef Roast
- Pepper Steak

Chapter Four – Lamb

- Greek Style Roast Lamb
- Greek Style Roast Lamb

Chapter Five – Dips and Game

- Creamed Spinach Dip
- Hot Mexican Dip
- Shredded Venison
- Sausage Dip

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Richard Delarosa:

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