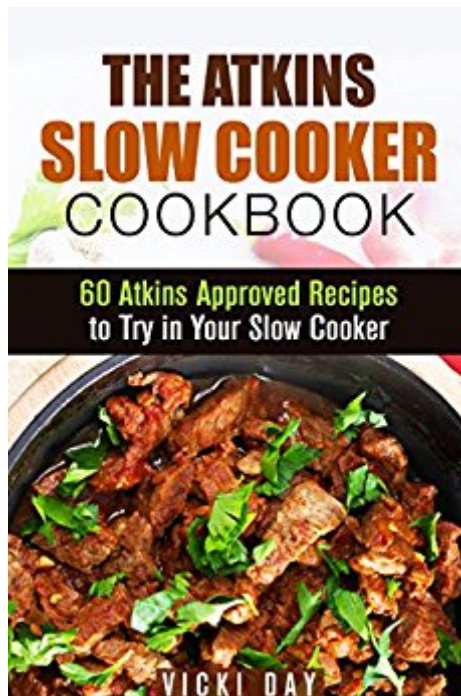


The book was found

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

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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.

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