



# **KETOGENIC VEGETARIAN SLOW COOKER RECIPES: Amazingly Delicious Low Carb Recipes to Loss Weight Fast**

*Debra Shaw*

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**Are you curious about the Ketogenic Diet? Have you heard about its many benefits? Is it time to experience them for yourself? The Ketogenic Diet is a low carb high fat diet with adequate protein that is designed to have your body shed excess weight and burn stubborn fat.**

**It is not just effective in helping you with your weight loss goals but incredibly effective at other things such as reversing diabetes, reducing heart disease and cancer risks, lower blood pressure, and reduce cholesterol.**

## **You'll Learn To Make Amazingly Delicious Low Carb Recipes Including...**

- Minty Mushroom Delight.
- Creamy Mushroom Delight.
- Simple & Tasty Vegetable Stew.
- Creamy Carrot & Spinach Stew
- Spicy & Creamy Vegetable Stew.
- Fiery Mushroom Stew.
- Super Hot Spinach & Mushroom.
- Simplest Fiery Portobello Mushroom.
- Much, much more!

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