



**Low Carb Cookbook BOX SET 2 IN 1: 40  
Delicious And Healthy Low Carb Recipes For Slow  
Cooker And Griddle.: (High Protein, Slow Cooker,  
Griddle, Low ... Slow Cooker and Griddle Recipes)  
(Volume 1)**

*Imogen Bush, Diana Barkley*

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# **Low Carb Cookbook BOX SET 2 IN 1: 40 Delicious And Healthy Low Carb Recipes For Slow Cooker And Griddle.: (High Protein, Slow Cooker, Griddle, Low ... Slow Cooker and Griddle Recipes) (Volume 1)**

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**Low Carb Cookbook BOX SET 2 IN 1: 40 Delicious And Healthy Low Carb Recipes For Slow Cooker And Griddle BOOK #1:Low Carb Cookbook. 20 Griddler Low Carb Recipes For Weight WatchersEasy Griddle Cooking.**

You've bought an Electric Griddler (panini press), f.ex. Cuisinart Griddler, but now what?

This pan is a lot more versatile than you might think. As well as allowing fat to drain away from the meat, the charring produced by the bars creates an intense, savory taste that brings out the natural flavors of the food. Meals are more tasty and satisfying, as well as requiring fewer taste-boosters such as sugar and salt. This is ideal for healthy, low-carb cooking.

You don't need a charcoal fire or an outdoor barbeque to bring the delicious taste of smoky charring to your food — just get out your griddle pan and whip up these tasty, high-protein, low-carb meals!

**BOOK #2:High Protein Low Carb Cookbook.20 Simple, Healthy and Delicious Slow Cooker Recipes for weight Watchers**

It is well documented that reducing the amount of refined carbohydrates in your diet is a good way to support weight loss. We also know that it is healthier, cheaper and better for you to cook all of your meals from scratch, rather than relying on prepackaged food. But many people are too tired at the end of a working day to be able to come home, then face cooking a healthy evening meal, or may not have the time in the evenings to stand in the kitchen.

The slow cooker is your solution to this problem. Not only can you prepare it in the morning, then set it on a timer to have a delicious hot meal ready and waiting for you when you come home, you can also use less popular cuts of meat and so save money. The long, low temperature that the slow cooker provides is perfect for cooking the more flavorful 'working joints' of meat. It is also naturally low in fat, since none is required for cooking — in fact, it is best to trim any excess fat from the meat before you start, as this will not drain off or brown as it would for more conventional cooking methods.

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