



Low-Carb Slow Cooker Recipes

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More than 200 low carb recipes for appetizers, soups, stews, and main dishes using poultry, beef, pork, and lamb that are perfect for the slow cooker

Special chapter highlights side dishes that complement the low carb style

Simple recipes using basic, easy-to-find ingredients that make meal planning easier

Ingredients list, prep and cook times, and nutrition information accompany each recipe

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