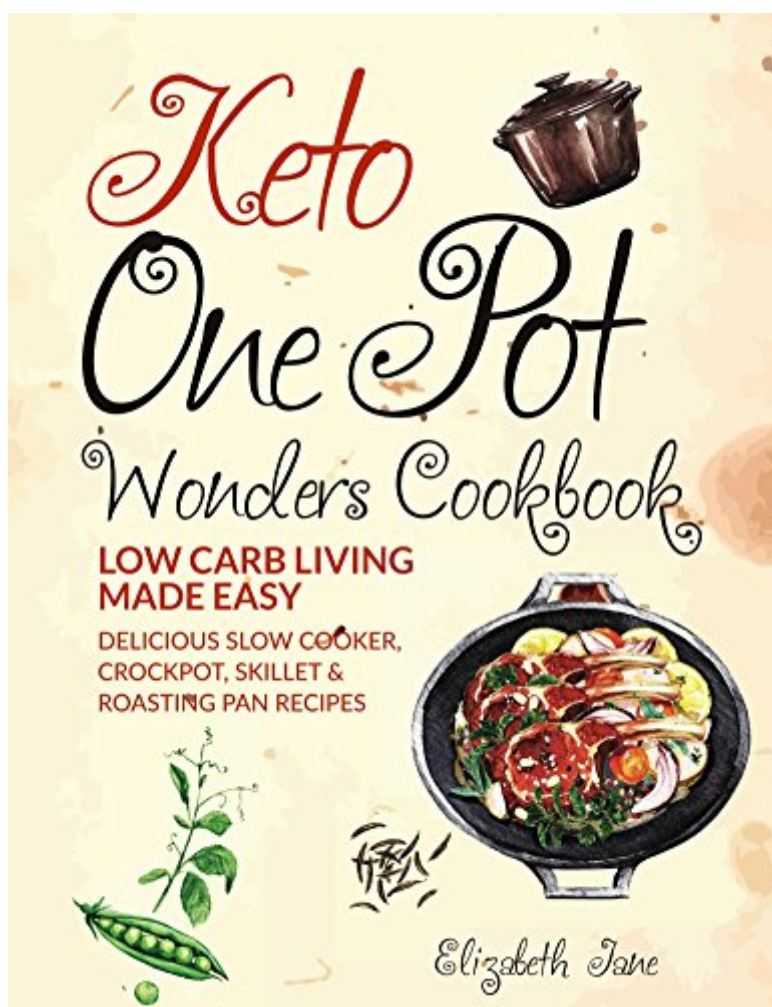


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# Keto One Pot Wonders Cookbook - Low Carb Living Made Easy: Delicious Slow Cooker, Crockpot, Skillet & Roasting Pan Recipes (Elizabeth Jane Cookbook 9)





## Synopsis

Struggling to find the time and energy required to prepare low carb and keto meals? Learn to create delicious and wholesome low carb, keto meals in less time, with less effort and less washing up! Do you feel like you are spending half your time preparing, cooking and clearing up after meals on a low carb or keto diet? Would you like to steal back some of that time? Let bestselling keto author, Elizabeth Jane, show you how to save time using just one pot to whip up a range of easy but delicious dishes, from nourishing stews to sizzling meats. Benefit from her years of experience and her culinary expertise to get the most out of your slow cooker, crockpot, skillets and roasting pans. A few simple low carb Ingredients + One Pot = Delicious, wholesome meals + More time to spend doing what you love! One Pot Wonders includes Lots of variety and dishes that you will love to cook again and again Convenient and easy low carb recipes, meaning less time prepping and more time enjoying life Full nutritional information, making it easy to manage your diet A beautiful user-friendly cookbook with artistic illustrations and photos One Pot Wonders is the 10th book in Elizabeth Jane's hugely successful keto and low carb series. If you want you to make your keto and low carb diet easier, quicker and tastier, Elizabeth Jane's One Pot Wonders cookbook is exactly what you have been searching for. Buy One Pot Wonders today and make following your keto and low carb diet as easy as (keto) pie!

## Book Information

File Size: 3435 KB

Print Length: 74 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 22, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B071FG5TH2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #13,006 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8

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## Customer Reviews

Jane, love these recipes. Just finished a double recipe of the Creamy Mushroom/Beef Stew and every one loved it. So delicious and easy to make. Thanks so much

Easy read and good tips. Picture illustration is appealing. Must read it you enjoy crock pot and one pot cooking.

perfect recepes

fabulous recipes

I have a lot of Keto cookbooks, but....this is by far the best! I have to admit, I've bought more cookbooks than I'll use- I've done so well on a ketogenic diet that I want to keep going. But this one has such great, simple and varied recipes, I've actually started USING it the day after I got it! (Ribs for dinner tonight) All the macros are easy to see, and it's 'clean' eating. But lots of variety. That gets to hard to find with keto....I was given a free download of this cookbook in exchange for an honest review, but I would definitely have paid good money for this. It's free on Kindle Unlimited, and a really fair \$3.99 to own it. It's worth it. Buy it.

There are soups and many kinds of meat dishes included, all prepared in one pot - some use a slow cooker, some a roasting pan and some a cast iron skillet. With each recipe, the author lists the number of servings made, the relative cost, the relative difficulty, and the approximate prep and cooking times. Included is a very nice color photo of easy dish. Also indicated is if the recipe is gluten free, vegan or vegetarian as well as being suitable for a ketogenic (low carb) diet. The good news is the recipes are great as evidenced by the ease of following the instructions and their very good flavors. Unfortunately there are no specific breakfast or dessert recipes and there are only 31 recipes in total. The \$3.95 price for the eBook version is a bit higher than many similar cookbooks but the high quality of the book, the clear and detailed instructions and most of all, the great food

that results causes me to recommended the book both for beginner cooks and for experienced cooks short on time but still wanting to make a great dinner.

I like an author that listens. Tell her you need more pictures? Done. How about nutritional information? No problem. I need regular, every day ingredients and to spend as little time in the kitchen as possible. Coming right up! This book hits all the right notes and should satisfy the luckiest eaters among us. Five stars if it were longer and included meals other than dinner, but it wouldn't surprise me if Ms./Miss./Mrs. Jane wasn't working on that as we speak. A safe addition to your cookbook collection.

I like that this book is geared to low carb healthy meals and uses everyday supplies from my kitchen. The nutritional information is also very useful

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