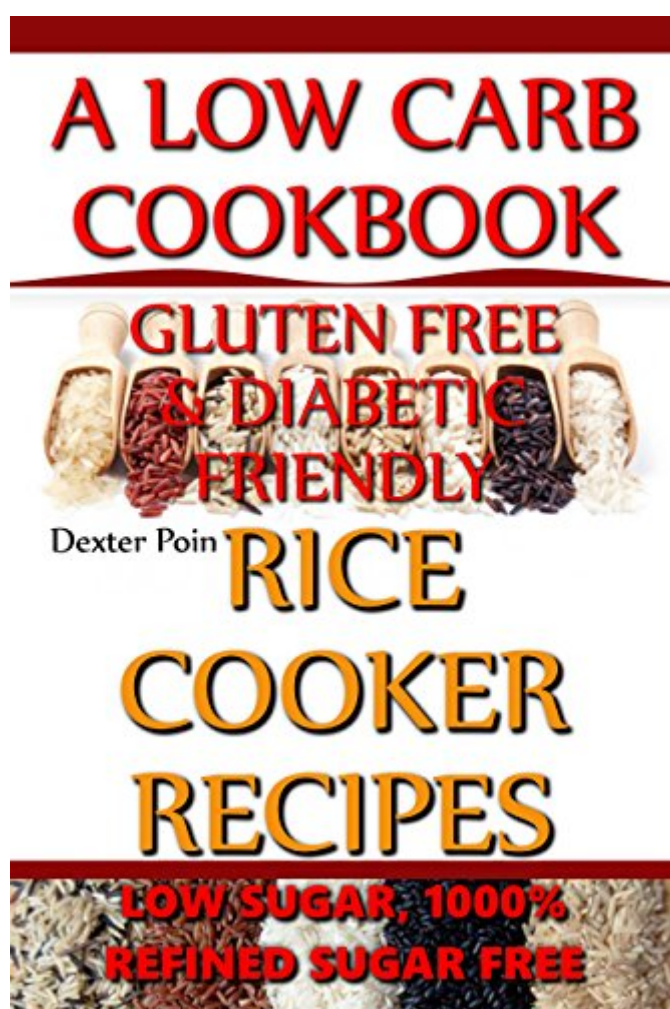


The book was found

Rice Cooker Recipes - A Low Carb Cookbook - Gluten FREE & Diabetic Friendly - Low Sugar & 1000% Refined Sugar FREE! 1 Pot Cooking - Cooking For One And ... Own Nutritionist / & More Collaboration...)





Synopsis

THIS BOOK IS SOLD EXCLUSIVELY ON BOTH IN PAPERBACK AND EBOOK FORMAT FOR YOUR CONVENIENCE.FREE EBOOK DOWNLOAD FOR KINDLE UNLIMITED SUBSCRIBERS!WELCOME TO THE RECIPE JUNKIES FAMILY!Welcome fellow recipe junkies to my latest & greatest rice cooker recipe book, in which I have put together a pretty easy to use and healthy collection of low carb, and 1 zillion percent REFINED SUGAR FREE recipes designed to cook quickly inside of a rice cooker.NOT ONLY ARE THESE RECIPES LOW IN CARBS, SUGAR, AND NO REFINED SUGAR ADDED. THEY ARE ALSO SALT FREE, VERY LOW IN SODIUM, AND OTHER THAN 1 INGREDIENT, THEY ARE GLUTEN FREE AS WELL!These recipes fit the lifestyle of many different types of diets a person may be on.Anyone can enjoy these recipes, men, women, and children of all ages, from young to not quite so young.IT IS OFFICIAL!I have officially been dubbed The Rice Cooker Goulashinator by some association, somewhere, at some point in time either in the past, or future?But it is all legit so do not fret!This rice cooker cookbook is specifically designed for those low carb seekers who wish to not only add in something new to their arsenal of recipes, but also want to do so in a timely manner, with as little cleanup as possible.Well there is nothing quicker, and nothing as less messy as cooking in a rice cooker!While the recipes inside of this cookbook are geared towards a low carbers lifestyle, they are not only for low carbers to enjoy. Anyone can pick up some great ideas from this cookbook and apply them into their specific eating style of choice.So are you ready to set it and forget it?Awesome! Thats what I thought...So get out your rice cooker and a few utensils and I will chat with you on the inside ok?Once again, welcome into the tribe called Recipe Junkies! check us out and lets all have a good time cooking!See you on the other side...

Book Information

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Customer Reviews

As always, Dexter wrote a good book! This one is surely my favorite (I have read most of his works before), let me quote one of the best lines from the book: "We all have our own style of eating which makes us unique". I think this is really inspirational. Many people struggle to lose weight, or simply feel good just because they are always looking for something to follow through 100%. The solution is simple: eat a reasonable clean diet and use diets (as long as they are not fads) as source of inspiration. Dexter, also dubbed: "The guy who can eat 3,000-5,000+ calories a day of clean healthy foods on as low as even \$30 a week budget" clearly has a mission- he wants to help people design a diet that is easy, healthy, tasty and works for them. This is much more than a recipe book. It helps you change and expand your mindset. Below are just a few reasons why I choose to give this book big shiny 5 stars that it deserves (and why you need to read it and apply it), again, only a few main reasons, as it's late, I am pretty hungry and I don't want to be on the internet till midnight. I want to try the recipes. 1. It's jargon-free + written in a simple way + full of humour and funny rants (not overdosed, just enough to keep you entertained) 2. Dexter is very passionate about what he does and after reading the book you will know WHY. 3. The recipes are pretty much vegan (not strict though, just enough) and full of common-sense super foods like quinoa and brown rice (good low-carbs). 4. The book is educational; you will get familiar with other diets, both real and fads. 5.

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