

# THE HEALTHY LOW-CARB SLOW COOKER



Simple Recipes to Kickstart  
Weight Loss

# COOKBOOK



## LUIS JACK

# THE HEALTHY LOW-CARB SLOW COOKER COOKBOOK

Simple Recipes to  
Kickstart Weight Loss



**Luis Jack**





# **Table of Content**

[Introduction](#)

[FIGURE 1](#)

[Low and slow cooking](#)

[Love for Low-Carb](#)

[Low-Carb, Healthy Eating](#)

[WHOLE30®, PALEO, and KETO, Oh My!](#)

[Total and net carbohydrates](#)

[SUGAR INTAKE AND WEIGHT LOSS](#)

[LOW-CARB FOODS COOKED SLOW](#)

[Easy Low-Carb Recipes](#)

[SIMPLE PREP](#)

[QUICK COOK](#)

[WARNING ABOUT SWEETENER](#)

[Primary Ingredients](#)

[SPICES AND HERBS](#)

[PANTRY](#)

[FREEZER AND REFRIGERATOR](#)

[Slow Cooker Factors to Consider](#)

[Meal preparation](#)

[POTCOOKER MADNESS](#)

[REFERENCE MEAL PLAN](#)

[Best Advice and Takeaways](#)

[Time to Start Cooking](#)

[Section 2](#)

[Dinner and brunch](#)

[Hash with asparagus and broccoli](#)

[Quiche with broccoli, bacon, and cheese](#)

[Granola](#)

[Eggs with Sausage Scramble](#)

[Frittata with tomato and feta](#)

[Mexican-style eggs](#)

[Bell Peppers Stuffed with Cheesy Eggs](#)

[Cauliflower "Grits" with cheese](#)

[Eggs Ranchero](#)

[Lorraine Quiche without Crust](#)

[Omelet with three cheeses](#)

[Egg and Avocado Casserole](#)

[Section 3](#)

[veggies and sides](#)

[cheesy macaroni and cauliflower](#)

[Balsamic-bacon vegetable medley](#)

[Asparagus Lemon-Garlic](#)

[Spray cooking](#)

[Spaghetti Squash Casserole](#)

[Kale and Feta Tomatoes](#)

[Garlic-Parmesan Beans](#)

[Cheesy Ratatouille](#)

[Alfredo Cauliflower](#)

[Herbed Portobellos](#)

[Baked spinach](#)

[Spray cooking](#)

[Stuffed Peppers](#)

[Chicken-Avocado Soup](#)

[Garden Soup](#)

[French Onion Soup](#)

[Broil oven.](#)

[Soup zoodles](#)

[Fajita-chicken soup](#)

[Chicken-Avocado Soup](#)

[Lime garnish](#)

[Tomato-turkey soup](#)

[Cheeseburger-Soup](#)

[Cauliflower Toscana](#)

[Kofta-Soup](#)

[Egg Roll Soup](#)

[Cabbage Roll Soup](#)

[Beefy Pepper Soup](#)

[Beef and Mushroom Stew](#)

[Meatless & seafood](#)

[Kale Lasagna](#)

[Spaghetti Squash Pizza Casserole](#)

[Indian Cauliflower Bake](#)

[Spinach Artichoke Casserole](#)

## Introduction

It's no secret that I enjoy making healthy food in my slow cooker. Slow Cooker Queen. My blog's "Fit" section refers to my efforts to have a healthy lifestyle, which mostly entails cooking nutritious meals. Food, that's right. A poor diet cannot be out-exercised!

I don't stick to any special diet, but I inherently consume low-carb foods—mostly lean meats, veggies, and cheese—because I love them. My metabolism started slowing down as I got older, and that's when I first started paying attention to what I ate. It got increasingly challenging to keep my weight under control. In the past, I could easily maintain a healthy weight while eating little amounts of carbs like sweet potatoes or potatoes at every meal. Sadly, those times were behind us. I started exploring for another method to maintain my weight while continuing to eat the things I enjoyed because I realized I had to make a change. the low-carb diet. I'll be the first to acknowledge that switching to a low-carb diet can be challenging. It's crucial to educate yourself on carbohydrates because they are present in a variety of meals outside simply pasta and rice, including fruits, vegetables, nuts, and more. Learn what you can and cannot consume by beginning to read labels. However, once you understand how much delicious stuff is truly low-carb, I promise it will be worth it. Additionally, you can consume it and continue to lose weight.

I had to consider how I was going to cook it after I decided how I wanted to eat. Here's when the trusty slow cooker (or maybe the Slow Cook option on your phone) comes in useful

the new Instant Pot® you purchased). Most individuals lead hectic lifestyles, making it challenging to take the time to prepare a home-cooked dinner. You can do it on your schedule thanks to the slow cooker. Since I began using a slow cooker to prepare my meals, I've learned that eating healthily is not just easy but also tasty, and I demonstrate this for you in this book. Many of the things you may consume on a low-carb diet, such

as meat, egg casseroles, and substantial soups, cook very well in a slow cooker. The recipes I've developed are simple to prepare and use ingredients that are widely available in supermarkets. Most likely, your pantry already has a sizable number of them. There are probably no ingredients in this dish that you aren't already familiar with. The foods in the recipes are a mix of modern and traditional fare; many of them are familiar to you, while others you'd never suspect might be low-carb.

Diets can be challenging to follow, but consider switching to a low-carb diet as a lifetime change made simpler by your slow cooker. You're one step closer to achieving (and sustaining) your health objectives thanks to this cookbook.



## FIGURE 1

## **Low and slow cooking**

Convenience is the main focus of slow cookers. And for many people, consuming foods with less carbs clears the way to weight loss. This is why I'm so thrilled to combine the two for you. Since you can choose the items that go into a slow cooker, you have greater control over the final product. In addition, natural ingredients cook in a slow cooker more effectively than manufactured meals. You'll find a lot of veggies in the recipes in this book since they cook quickly in a slow cooker and are frequently low in carbohydrates. Almost any beef cut will work with this procedure; in fact, the rougher the cut, the better it will cook. Tougher cuts are also less expensive, so it's a win-win situation.

[For the similar type of book](#)

## **Love for Low-Carb**

Though it may be popular right now, a low-carb diet is nothing new. Low-carb diets have been practiced for years as a means of weight loss. A fundamental low-carb diet strategy, however—a way of eating that has quietly and regularly continued to help individuals lose weight—has been overshadowed in recent years by other programs, such as the paleo diet and the keto diet, which have received a lot of attention online and on social media. Following a low-carb diet mostly involves consuming less carbs and sugars, which are stored as fat in the body. Your body stops accumulating fat when you avoid meals that contain them and starts burning it as fuel. You will start to lose weight as long as you limit your intake of calories and carbohydrates. Keep in mind that if you continue to consume the same excessive amount of calories, you won't lose weight no matter how much you reduce your carb intake.

## **Low-Carb, Healthy Eating**

The word "healthy" might signify different things to different people. To be clear, we're not banning carbohydrates altogether. Some are essential to the proper operation of our body. Not all carbs have the same effects on our bodies. You should stay away from processed grains and added sugars as sources of carbs. The reason is that unlike complex carbs found in meals like vegetables, which have a milder effect on blood sugar levels, they can more quickly be converted to fat storage in our bodies. It may sound absurd, but it is possible to consume healthier fats while attempting to reduce weight. Yes, a little fat is okay. Avocados and the fats found in fish, nuts, nut butters, and seeds are two examples of healthy fats.

## **WHOLE30®, PALEO, and KETO, Oh My!**

The ketogenic diet (keto), the paleo diet, and the Whole30 diet are three current diets that you may have heard of. In that they both forbid gluten, wheat, processed sugar, artificial sweeteners, preservatives, and excessively processed and refined foods, Paleo and Whole30 are comparable to one another. Many people eventually resort to one of these diets when they want to eliminate processed meals and consume less unprocessed, naturally high-carb items (such grains and legumes). The keto diet emphasizes cutting back on carbohydrates while also increasing the amount of healthy fat.

Compared to such diets, the low-carb strategy I discuss in this book is less restricting while still supporting weight reduction. Additionally, many of the dishes are simple to adapt to various diets.

**Keto:** This is a diet that is high in fat and low in carbohydrates. The purpose of a ketogenic diet is to get your body to start burning its fat reserves, which leads to weight reduction. Low insulin levels cause a sharp increase in fat burning. Your ability to access and burn your fat reserves improves. By forcing your body to use fatty acids as fuel rather than carbs, you are trying to put your body into a condition of ketosis. You may teach your body to burn fat for energy rather than store it by releasing carbohydrates from your diet and substituting them with a tolerable amount of protein and more natural fats. The objective of this diet is to maintain daily net carbohydrates under 50 grams, while other experts contend that the ideal carb consumption is as low as 20 grams. The staple diet consists of a variety of natural fats (butter, olive oil), most vegetables, and proteins (meat or seafood). On this diet, you should remain out from foods like potatoes, fruit, gluten, sugar, and legumes.

**Paleo:** Because the foods that are part of the diet are ones that people may have eaten during the Paleolithic era, some people refer to it as the "caveman" diet. You will only be consuming foods that could be harvested during that time period, such as

meats, seafood, fruits, vegetables, nuts, and seeds—nothing processed or refined. Lowering carbohydrates is not the main goal of this diet because it permits foods that contain more carbohydrates, such as higher-carb fruits and vegetables.

Whole30: Designed to isolate and identify items that may be contributing to a range of illnesses, this brief elimination diet was created by Melissa Hartwig. Eliminating items from your diet that might cause digestive issues, allergies, inflammation, or persistent discomfort is the goal. The diet begins by excluding all forms of processed food, alcohol, grains, beans, and legumes.

Some items are reintroduced to the diet after 30 days of diet compliance in order to determine which meals are causing pain. Although the diet is often low in carbohydrates, there are no recommendations for the recommended daily intake of carbohydrates

## **Total and net carbohydrates**

I've just used the words carbohydrates and carbs thus far. You may be acquainted with the words "net" carbohydrates, "active" or "impact" carbs. Although there is no official definition, net carbs are typically estimated as the total grams of carbohydrates in a dish or food product less the fiber and/or sugar alcohols. They all relate to the same thing. Although fiber and sugar alcohol have a little effect on blood sugar levels, some kinds and quantities may still be converted to glucose in particular circumstances, thus these results can be deceiving. In order to achieve the most exact measurement possible while carb counting, look at the total quantity of carbs on food labels or in recipes.

eating. Each recipe in the book provides nutritional information, including the overall amount of carbohydrates. Be remember to subtract the grams of fiber from the carbs shown if you're calculating net carbohydrates.

## **SUGAR INTAKE AND WEIGHT LOSS**

Obviously, everyone of our bodies is unique. Most people must limit their daily intake of carbs to 50 grams or less while remaining below the recommended calorie range in order to lose weight. You can be eating more calories than you are burning if you limit your carbohydrate intake to 50 grams but consume a lot more protein and fat. As a result, it's crucial to select foods that are strong in nutritional content yet low in calories and have a low carbohydrate count. Try to consume complete, unprocessed foods. Although I've provided nutritional information for each dish, including calories, fat, carbs, and protein, it will still depend on the specific ingredients and brand you choose to use. I advise you to consider counting carbohydrates in ranges rather than precise quantities.

Please remember that the knowledge I provide in this cookbook is not meant to replace knowledgeable and specialized medical advice or treatment. Before starting a diet or other weight-loss program, speak with a doctor or dietician.



## **LOW-CARB FOODS COOKED SLOW**

When it comes to low-carb diet and slow cooking in particular, there are a few factors to consider. Slow cooking is not appropriate for all foods. Slow cookers may produce melt-in-your-mouth meats as well as mushy or overdone veggies since they cook meals at a low temperature for an ample length of time.

The best example is chicken breasts. Because thighs are heavier in calories and fat than breasts, the majority of people believe that breasts are the healthier choice.

But when using a slow cooker, white meat should be avoided because it is quite simple to overcook and dry out. Refer to these lists of foods to eat and stay away from.

Ideal foods for low-carb slow cooking include:

Dark-meat poultry, ground beef, pig, and lamb; cabbage, kale, eggplant; green beans; bell peppers; mushrooms; spaghetti squash; tomatoes; zucchini; cauliflower; butternut squash; pumpkin; onions; dairy products; coconut milk; butter; and cream

Foods to avoid while slow cooking low-carb:

Rib-eye and tenderloin steaks, together with rice, pasta, potatoes, beans, peas, lentils, and corn

Added foods to stay away from:

All grains, legumes, the majority of fruits (apart from a few berries), fruit juices, sugars, natural sweeteners (such honey and maple syrup), and refined oils (like canola, safflower, and corn oil)

## **Easy Low-Carb Recipes**

A slight learning curve could be involved with low-carb cooking. You'll be cooking a lot from scratch because you're avoiding processed, manufactured meals. Moreover, not everyone enjoys cooking. The slow cooker might be useful in this situation. Once the ingredients are prepared, all that's left to do is a little cutting before adding them.

[For similar type of book](#)

## **SIMPLE PREP**

I think slow cooking ought to be simple. Because of this, no recipe in this collection requires more than 15 minutes of preparation. However, if you have more time, you might choose to brown your meat first.

Putting it in the crockpot. Browning the beef adds depth to the taste and renders the fat, which may be discarded before continuing with the recipe. Even lean meat has some fat, so searing it beforehand is not essential if you pick a lean enough cut.

Vegetable sautéing is also not required. But keep in mind that adding flavor to your food by searing or sautéing can be quite beneficial while you are trying to lose weight. The extra effort can be worthwhile.

[For similar type of book click here](#)

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

