



Slow Carb Slow Cooker Beans Recipes: Easy and Delicious Bean Recipes to Help You Stay Satisfied and Lose Weight

Brian Valentin

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The 4 Hour Body Diet is one of the easiest and quickest ways to lose weight - but coming up with meals and sides can be a pain.

The Slow Carb Diet was first introduced in Tim Ferriss' Bestseller The Four Hour Body - his guide to 'hacking' weight loss and to ensure improved results in weight loss, muscle building, better sleep, sex and countless other subjects.

One of the key components and tenets of the diet is to avoid white carbs and generally eat the same few meals over and over.

Although it's generally low carb, the diet isn't "no carb" and beans are a major part of the diet to keep your blood sugars optimal, keep you full and satisfied, and help you easily lose weight and increase energy!

Since the diet is geared around people eating the same few meals over and over, this is great for people who don't enjoy cooking. But for those of us who do enjoy cooking or just want a change of pace, we might find it very boring. So to make the diet easy and give you plenty of we have a bunch of delicious, filling, and healthy bean and legume recipes that can easily be prepped ahead of time, popped in your slow cooker and ready for a delicious dinner or stored for quick reheating for every meal of the day!

Here's our essential beans recipes that will keep you satisfied and losing weight.

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