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Ketogenic Cookbook:56 The Best Recipes For Rapid Weight Loss, Quick & Easy Recipes Ketogenic Diet, Delicious Soups, Snacks And Smoothies For Ketogenic ... You And Your Family (Healthy Lifestyle 2)

Janet Franz

56 THE BEST RECIPES

FOR RAPID WEIGHT LOSS, QUICK & EASY RECIPES KETOGENIC DIET, DELICIOUS SOUPS, SNACKS AND SMOOTHIES FOR KETOGENIC DIET , EXCELLENT COOKBOOK FOR YOU AND YOUR FAMILY

KETOGENIC COOKBOOK





Synopsis

+FREE Book Inside "Meal Plan & Principles of Ketogenic Diet" This keto cookbook has delicious and simple Ketogenic recipes. These recipes are healthy for everyone to improve your health. There are 56 recipes, from the ketogenic diet book, and each recipe requires healthy ingredients. These ingredients are readily available in the market. It will be good to purchase fresh vegetables to prepare delicious and healthy meals. All recipes for ketogenic diet are available with:- cooking time;- servings;- ingredients;- complete instructions;- nutritional value;- image of the final product. These 56 recipes will help you to construct your keto diet meal plan. This best ketogenic diet book has step-by-step diet food recipes that are easy to follow and delicious to eat. Our keto diet recipe book tells you about essentials of ketogenic cooking. If you want to cook healthy for your family members, you can follow ketogenic recipes given in this best book for ketogenic diet. 56 Ketogenic recipes will make it easy for you to throw a good party and prepare keto snacks or some dishes for your guests. After reading this ketogenic diet cookbook, you will be able to prepare 56 healthy meals. We guarantee that these meals prove helpful to reduce weight and improve your health. You will surely get positive results.

Book Information

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Customer Reviews

I downloaded this book during the free distribution of .I am on a ketogenic diet for almost a year. I liked mostly in this book is that the recipes are very low in total carbs not just net carbs and there are no recipes with almond flour. Great recipes! You do not need to follow a ketogenic diet to use these recipes. They are great compliment to the low carb, high fat diet as well as anyone who wants to prepare their foods from scratch as opposed to buying them pre-packaged. I love this book and consider it a great resource for eating keto.

I really think I will try almost every recipe in this book, they all look really good! There are a variety of different recipes, main dishes, sides, breakfasts, lunch ideas, smoothies, desserts, even a recipe of chocolate milk lol. The one I plan to try immediately is the tuna salad with no mayonnaise. I have always loved tuna but hated mayonnaise so I got excited when I saw this idea. Also I appreciated that the nutrition info was listed for every recipe, don't find that in many recipe books.

I will be trying these recipes, I tried the cauliflower hash Brown's and they were yummy. The next on the list I'm going to try is, all the Sweet's. Can't wait till the first of the year to make all them for up coming birthday's and other Holiday's. So if you are looking for recipe's for weight lose or just for something new to make for the cold weather. Its all in this book. Great job on this cookbook..

Often you buy a book of recipes and they are not tasty. This book includes good and delicious recipes. I have prepared keto pizza frittata , low carb fruit salad with vanilla dressing , fat bomb smoothie and fried chicken breast . I recommend you try. I liked it that each recipe has calorie content, fat, protein and carbohydrates.

Nice book. The ketogenic diet is the right diet that works for me. It has helped me not only lose weight but have increase energy levels as well. In this book you will know and learn different kind of recipes that are good for burning fats and keeping our body healthy. Some are simple, others are complex. The variety is amazing.

I really love cooking. But I don't want the weight of my body increase. This book

opened me the world of delicious food that facilitates to weight loss. I tried several recipes and the one I liked most of all was keto pizza. I do recommend this cookbook,

I'm not very admire diets but I love a tasty meal. I was cooking the soups of this book and they are delicious. I liked special Italian fish soup and rainbow soup. I do not know whether these soups are dietary but I know exactly what they are delicious.

This is an amazing book. I was hoping to get a few worthwhile recipes and instead got many helpful and awesome recipes. This book is changing my life. Thank you...

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