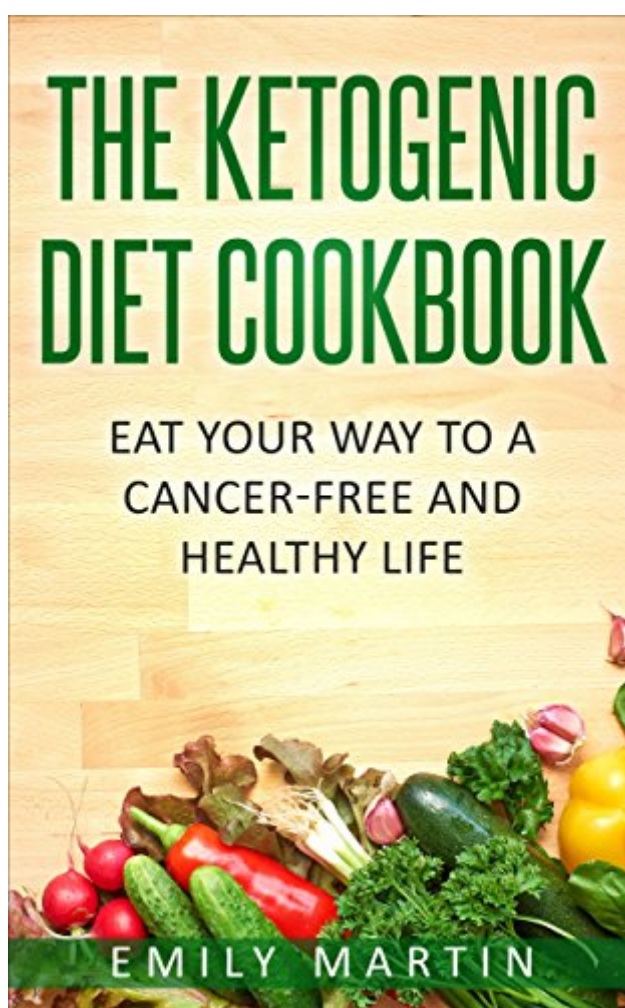


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The Ketogenic Diet Cookbook For Beginners: Nutritious And Delicious Low-Carb, High-Fat Recipes For Weight Loss And Cancer Prevention



Synopsis

The ketogenic diet is quickly becoming the most popular diet of 2016 because of its weight-loss and cancer-fighting properties. The ketogenic diet is high in healthy fats, supplies adequate protein, and is low in carbs, and it works by changing your body's primary form of metabolism to ketosis, which allows your body to burn fat cells as your primary form of energy. Because the diet is low in carbohydrates, it lowers glucose levels and improves insulin resistance. And cancer cells thrive on glucose, so the diet also works to prevent cancer. In this cookbook, Emily Martin gives us a wide range of delicious recipes that will delight the whole family. There's something for everyone, from fresh, light snacks to wholesome, fulfilling entrees. You can start your journey to health and happiness now.

Book Information

File Size: 4004 KB

Print Length: 44 pages

Publication Date: March 30, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01DNB7OP6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #662,283 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #72

inÂ Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #174 inÂ Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Carb #178

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