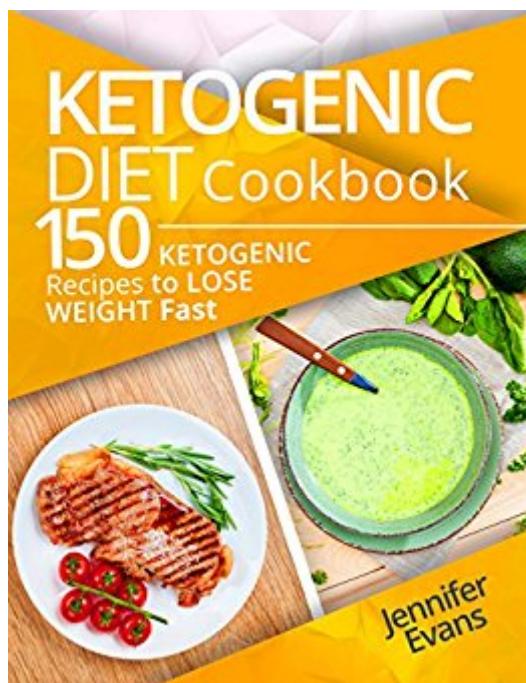


The book was found

Ketogenic Diet Cookbook: 150 Ketogenic Recipes To Lose Weight Fast



Synopsis

Ketogenic diet - is a protein-fat diet with the almost absence of the carbohydrates. This is one of the most effective diets that will help you to get rid of the extra fat while maintaining muscle mass. There are some proven health benefits of Ketogenic Diet: Increased Levels of HDL (the "good") Cholesterol Triglycerides Tend to go Way Down Blood Pressure Tends to go Down Ketogenic Diet is Therapeutic For Several Brain Disorders Reduced Blood Sugar and Insulin Levels. The principles of the Ketogenic diet are easy to follow. There are a lot of different and tasty dishes that can be cooked for the diet plan. This book has various of recipes that can be useful for everyone. Inside we collected the best Ketogenic recipes and everything you need to know about Ketogenic diet: Recipes for breakfast, lunch, dinner, snacks, sides and desserts. How to cook various and tasty meals with simple ingredients. Nutritional value for each recipe. Recipes for fish, meat & veggies. Each recipe is written in easy to follow steps. Prep time, cooking time and number of servings for each recipe. Get your copy now!

Book Information

File Size: 1478 KB

Print Length: 259 pages

Publication Date: July 5, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073RVX3BK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #114,593 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Latin American #43 in Books > Cookbooks, Food & Wine > Regional & International > Latin American #128 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Ketogenic

Customer Reviews

Awesome book. Huge enough to fit in for 365 days of Keto diets. Even if you keep on preparing the recipe it will never be unsatisfying. I enjoyed the recipe and how you are able to manage your calorie intake.

Ketogenic Diet Cookbook: 150 Ketogenic Recipes to Lose Weight Fast by Jennifer Evans was a great and helpful read. This book consisted of 150 recipes that look delicious. I can't wait to try these recipes.

Some easy, yummy looking recipes that don't require dozens of ingredients. I found several I could double to have lunches or dinners for when my family has "regular" food.

This way to deal with keto is a much needed refresher. This book has huge amounts of extraordinary data to begin on the privilege keto get ready for every individual. It examines the advantages that this eating regimen could give. What's more, it gives a well ordered guide how to do it viably. It likewise gives formulas that are anything but difficult to plan and exceptionally delicious. It was anything but difficult to peruse and get it. Anticipating beginning the eating routine! I'll tell you how it goes!

Ketogenic diet from food is very much clarified. The book additionally indicates how this sort of diet works. It talks about the advantages that this eating routine could give. What's more, it gives a well ordered guide how to do it adequately. It likewise gives recipes that are anything but difficult to plan and exceptionally heavenly. I would suggest this book not just for the individuals who need to misfortune weight however for any individual who needs a healthy life.

The recipes are good too. I am enjoying this lifestyle change. I just love this book. It's really super. This book has huge amounts of extraordinary data to begin on the privilege keto get ready for every individual. It examines the advantages that this eating regimen could give. I recommend this book highly.

Nice variety of recipes, and perhaps the best part is how percentages of fat, carbon, and protein are given for each recipe (along with detailed nutrition info). With the macro information, its much easier to balance my intake properly. Haven't noticed too many exotic ingredients, which is always a bonus.

Love this cookbook!!! I don't write reviews often, and I don't have a lot of time to cook. The recipes in this book are easy, with seldom more than 5 steps, and are tasty! Just what I was looking for. I have purchased other keto cookbooks and the recipes were either too complicated/time intensive or unappealing. I am amazed that I like most of the recipes in this cookbook - a real winner!!!

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Dukan, Belly Fat) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) Ketogenic Diet: The Essential Ketogenic Diet Cookbook For Beginners → Delicious Ketogenic Recipes To Help You Lose Weight, Regain Confidence, and Heal Your Body (Ketogenic Cleanse) Ketogenic Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Ketogenic recipes, Ketogenic Cookbook for Weight Loss) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Ketogenic Instant Pot Cookbook: The Ultimate Ketogenic Instant Pot Cookbook → Lose Weight Faster Than Ever With Ketogenic Instant Pot Recipes (Ketogenic Diet)

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