

The book was found

Microwave Mug Recipes: 50 Quick And Easy Ketogenic Diet Mug Recipes - Delicious Ketogenic Recipes That Take Only Minutes To Make





Synopsis

Never Miss Another Ketogenic Meal With These Insanely Easy Recipes That Take Only 5 Minutes To Make! What if you always had enough time to make delicious Ketogenic Diet recipes? What if you had quick and easy Ketogenic recipes with all of the nutritional information right in front of you? Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite. Bestselling author Jeremy Stone will show you how you can make healthy Ketogenic meals that take only minutes to make in this extensive cookbook. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his tasty secrets to making Ketogenic Diet mug recipes that will help you save time and lose weight! In this book, you will learn ... How to make over 50 Keto-approved mug recipes with full nutritional information An easy to understand overview of the Ketogenic Diet The benefits of mug recipes Why many other ketogenic cookbooks aren't really ketogenic How to make ketogenic mug recipes for any occasion; breakfast, main course, salads, snacks and side dishes. BONUS: 30 Additional Ketogenic Recipes E-Book Here are just some of the exciting recipes you will find inside: Five-Minute Breakfast Sausage Coffee Cup Scramble Cumin, Sesame and Lemon Mug Cake Cheddar and Green Chile Mug Cake Breakfast Brownie Muffins Pumpkin Pie in a Mug Feta Broccoli and Brussels Sprouts Slaw Lasagna in a Bowl Meatloaf Mug Bacon, Chive, and Cheddar Mug Cake Coconut Flour Chocolate Cake in a Mug And many, many more! Never skip another ketogenic meal again, get your copy today!

Book Information

File Size: 4131 KB

Print Length: 78 pages

Page Numbers Source ISBN: 1541152654

Simultaneous Device Usage: Unlimited

Publication Date: November 20, 2016

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B01N54XHX3

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #571,645 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #49

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Microwave

Cookery #94 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking

#133 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Cooking for One

Customer Reviews

Giving that i spend a lot of my free time at work, we tend to make food in a microwave that's free for us to use. I love making great little meals that are pretty tasty and awesome. This book is full of those recipes and i must say, some of them that i've already tried, taste amazing.

This is a nice way to have a quick breakfast and most importantly have a healthy one. The best part of it is that, it is very quick to prepare and the guide makes it very easy. This is one Mug recipe that everybody should have for a quick and easy diet plan.

A great microwave mug recipe book. I liked the whole book. I've tried 4 cake recipes from this book namely Churro mug cake, Tiramisu mug cake, cookie butter mug cake and chocolate mug cake. All the recipes were so so tasty. Thanks to Jeremy.

As usual, I like to read this mug recipe book. It provide many of quick ketogenic Mug recipes. It teaches everything from morning to evening about meals. Also extra bonus desserts are available. The good thing for this book is not only provide recipes but also provide diet method

This is a great book help you make quick foods for your ketogenic diet. The recipes are very tasty and the best part only takes a short time to prepare. Loved the book.

This book contain some easy to follow recipes. I like and also recommend Ketogenic recipes book

to my friends.

surprised how useful this book is for my low carb diet. easy to follow instructions

Didn't have a lot of foods that I like in here

[Download to continue reading...](#)

Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Mug Cakes: 75 Delicious & Easy Mug Cake Recipes ((mug cookbook, mug cakes, mug meals, mug cakes cookbook, mug cakes microwave, mug desserts) Microwave Mug Recipes: 50 Quick and Easy Ketogenic Diet Mug Recipes - Delicious Ketogenic Recipes That Take Only Minutes to Make Mug Cakes Cookbook: My Top Mug Cake Recipes for Microwave Cakes (microwave mug recipes, microwave cake, mug cakes, simple cake recipes) Mug Recipe Book: Your Guide to Quick and Easy Mug Recipes: Mug Recipes for Beginners (Mug Recipes, Mug Recipe Cookbook, Quick and Easy Meals, Delicious Recipes) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Mug Meals Cookbook: 95 Delicious Quick And Easy Microwave Meals In A Mug, Microwave Recipes Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Mug Recipes: Quick & Easy, Microwave Meals to Cook for One (Mug Cookbook, Cooking For One, Microwave) Mug Meals Cookbook: 50 Of The Best Mug Recipes Made In the Microwave & Oven - Quick and Easy Mug Meals for Everyday Life LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic The Ketogenic Vegetarian Diet Cookbook: Insanely Delicious & Easy Ketogenic Diet VegetInsanely Delicious & Easy Ketogenic Diet Vegetarian Recipes for Health & Weight Loss The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Microwave Mug Recipes: 50 Delicious, Quick and Easy

Mug Meals (Recipe Top 50's Book 88) Ketogenic Diet: Over 100 Pressure Cooker Recipes - The Essential Quick And Easy Ketogenic Pressure Cooker Cookbook: Ketogenic Cookbooks, Ketogenic Diet Books, Keto Diet Book (2nd) Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)