



## Synopsis

**\*\* Proofread Version 2017 \*\* Ketogenic Diet TODAY SPECIAL PRICE - 365 Days of Ketogenic Diet Recipes (Limited Time Offer) Over Hundreds of Mouth Watering Ketogenic Diet Recipes with Easy-to-Follow Directions!** A Ketogenic diet is a diet which limits your carbohydrate intake, like those that can be found in starchy vegetables, grains and some types of fruits, and emphasizes food high in protein and fat. A Ketogenic diet is generally used for losing weight. Some low-carb diets can have some other, benefits beyond giving you a slimmer figure, for example, reduction of risk factors associated with developing Diabetes and Metabolic syndrome. Keto diet is extremely effective to get lean because it works by resetting the body to start working using fat as fuel in absence of carbs. This cookbook is for those who are trying to gain a slimmer figure and lose weight in a completely safe and natural way. By following the balanced Keto diet, you will be able to look and feel better. Each of 365 recipes listed in this book have been tested and approved by our chef in order to provide you with maximum taste and nutrition and the benefit of a flattering effect on your figure. Following Keto diet is not always easy, however the recipes listed in this cookbook help to make the Keto diet easy and simple to enjoy. [Download 365 Ketogenic Diet Recipes Cookbook today, and start enjoying cooking again!](#)

## Book Information

Paperback: 202 pages

Publisher: CreateSpace Independent Publishing Platform (December 20, 2016)

Language: English

ISBN-10: 1541199944

ISBN-13: 978-1541199941

Product Dimensions: 8 x 0.5 x 10 inches

Shipping Weight: 13 ounces (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars 67 customer reviews

Best Sellers Rank: #22,395 in Books (See Top 100 in Books) #12 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #45 in Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #51 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

It has some good recipes. There are no pictures and I would have preferred calories, carb, fat, and protein breakdown.

There were some recipes on here I love and some that seem too high to be low-carb for me. The author says you cannot share this book with friends? How ridiculous.

Call me mainstream but my new year's resolution for 2017 is to eat healthier and get fitter. My overall goal is to get a flatter figure but given the fact that I'm pretty overweight, I'm setting easy goals so that I don't get discouraged. Anyway, I do follow a bunch of fitness gurus on YouTube and one of them suggested Keto diet and recommended this gem. Over the last four days, I've stuck to the Keto recipes that I found in this cookbook. The recipes are fairly simple, straight to the point and delicious. I made Beef Zucchini Stew for my folks the other day and they absolutely loved it. Although, as per the recipe, the cauliflower florets in the chicken steak recipe needs to be cooked for 5 minutes but, that really depends on the size of the florets so start checking after 3 minutes to make sure they're not overcooked. Emma, your recipes are spectacular and I cannot thank you enough for this hell of an awesome cookbook.

good book

A great tool to live a Keto lifestyle! I started a Keto lifestyle about 54 days ago. I lost 31.5 lbs in 47 days, and now I'm maintaining not gaining or losing more than 2 lbs for 30 days. This allows my body to reset my weight set point. Then I will start another 40 days of the losing cycle. I feel so much better physically and in every way! I truly believe that God led me to this way of life to Bless my health and life in every way. Thank you Lord Jesus for answering our prayers  
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Lots of great recipes to add fat in my keto diet.

Need to be edited. some recipes are unclear as what to do with some of the ingredients or instructions are unclear.

These recipes are so great .easy to make and does not require much stress.

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Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Paleo Diet: 365 Days of Paleo Keto Anti Inflammatory Diet Recipes: Paleo

Cookbook, Keto For Beginners, Cooking, Cleanse, Healthy Meals, Weight Loss, Low Carb, Ketogenic Diet Plan, Kitchen, Whole Food 365 Days of Ketogenic Diet Recipes: (Ketogenic, Ketogenic Diet, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Ketogenic Diet: 365 Days of Ketogenic Diet Recipes (Ketogenic, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) 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 Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy

Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb)

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