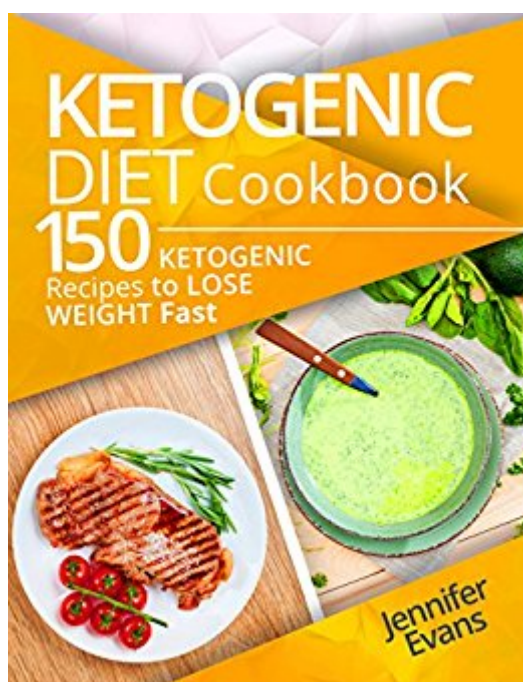


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# Ketogenic Diet Cookbook: 150 Ketogenic Recipes To Lose Weight Fast



## 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

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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, it's 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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