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The Ketogenic Diet Ultimate Cookbook: Quick & Easy Ketogenic Cooking Recipes For A Healthy Low Carb Lifestyle



Synopsis

Lose the Weight Fast Without Missing Out on the Taste! The Healthy Cookbook youâ™ve been looking for this whole time! Weâ™re all looking for the next big fix on losing weight. What if instead of looking at the next fad, we look at a medically proven system for losing weight that doctors recommend for everything from fighting cancer to epilepsy? For the everyday person, it can be a great way to kick your weight loss into overdrive! The ketogenic diet is a way to change your body's way of burning fuel for energy. Get this book and learn what the ketogenic diet is all about! Find out what foods are burn boosting and get some great recipes. Find out how to connect with others on this plan and learn what results theyâ™ve gotten. Discover what the link between this diet and cancer treatments are. Can this diet really help to cure cancer? Within the past twenty years, doctors have once again been recommending the ketogenic diet for people who are suffering from serious medical conditions with effective results. Donâ™t you deserve better than an overnight fad? Give your body what it really needs and really deserves and check out this book today! Included in this book are recipes that will give you a meal plan to get you started! Download Your Copy Today! Scroll up and Click BUY NOW with 1 Click

Book Information

Paperback: 102 pages

Publisher: CreateSpace Independent Publishing Platform (July 3, 2017)

Language: English

ISBN-10: 1546631011

ISBN-13: 978-1546631019

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 11.5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 19 customer reviews

Best Sellers Rank: #625,854 in Books (See Top 100 in Books) #70 in Books > Cookbooks, Food & Wine > Asian Cooking > Pacific Rim #496 in Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #5887 in Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

The chicken chowder and the caprese salad go really well together. Both are simple to make and make an excellent lunch.

Beautiful looking pictures and excellent description on the common cuts of meat. Just an overall

good cook book.

Those kebab chicken turned out exactly like the picture in the book. They were absolutely delicious!

The T.O.C could use some neatening up but other than that it's a great book

I agree with a lot of the reviewers here. This book was worth every penny.

A million thumbs up from me and my family.

Love the facts and info in the beginning.

Would have given 5* if they included nutritional info.

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