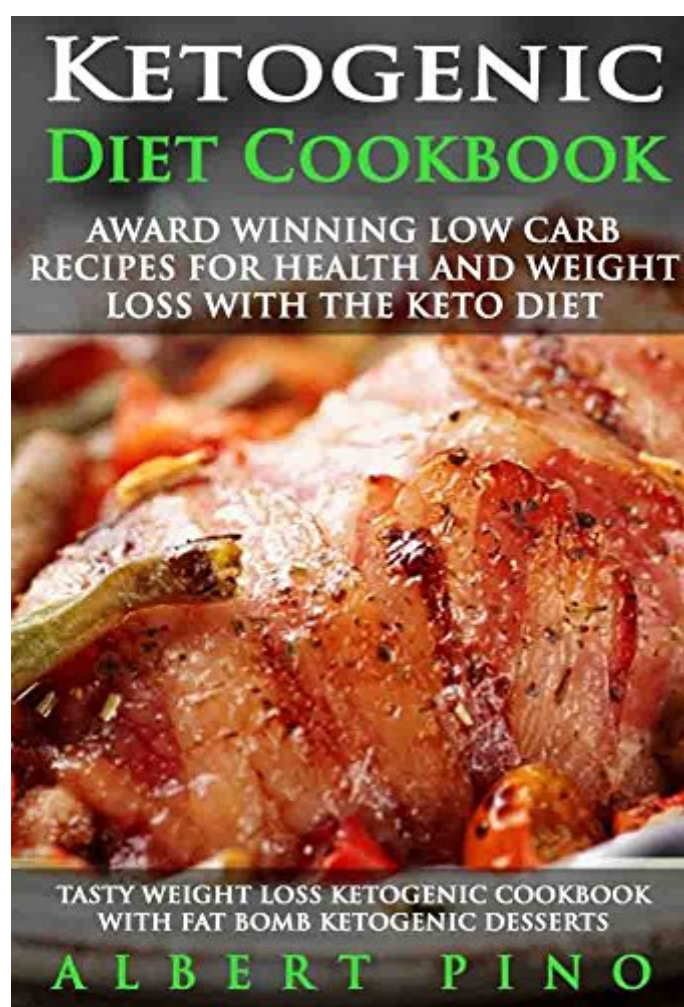


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# **Ketogenic Diet Cookbook: AWARD WINNING Low Carb Recipes For Health And Weight Loss With The Keto Diet (tasty Weight Loss Ketogenic Cookbook With Fat Bomb Ketogenic Desserts)**





## Synopsis

Delicious Ketogenic Diet recipes for a healthier, thinner, more energetic you! Do you want to look your best? Do you want to lose weight while eating some of the most delicious meals you've ever had? Do you want to have a seemingly endless supply of natural energy? If you answered yes to any of these questions, this ketogenic diet cookbook can help you starting today! Award winning breakfast, lunch, dinner, appetizer, snack, and dessert recipes! This book contains weeks of recipes for those who are brand new to the ketogenic diet, or for experienced ketogenic dieters who want to step up their kitchen game. Try some of the award winning low carb recipes in this book and you will be a ketogenic convert for life! Delicious food, healthy lifestyle! Simply make your favorite breakfast, lunch, dinner, appetizer, and dessert recipes from this book and you will lose weight, be healthier, and feel more energetic **GUARANTEED OR YOUR MONEY BACK!** Award winning ketogenic recipes

The delicious award winning low carb recipes in this ketogenic cookbook treat food as the delicious and natural source of nutrition that it is. Avoid ketogenic mistakes by relying on the award winning recipes in this book. There are recipes for amazing seafood dishes, succulent chicken entrees, and of course lots and lots of bacon! Enjoy all the benefits of eating paleo, low carb meals while enhancing your overall health and avoiding the many highly refined carbohydrates and unpronounceable chemicals that plague most modern diets. The recipes in this cookbook are delicious but not overly complex and require no exotic equipment or significant cooking background.

A sustainable ketogenic lifestyle - not a restrictive starvation diet

The ketogenic diet is not like other diets. It is not based on adhering slavishly to arbitrary rules about consuming certain things at certain times, or starving yourself until you are weak and miserable. At its core, the ketogenic lifestyle embraces a simple philosophy: eat the way nature intended us to eat. Cooking with these keto recipes is easy, fun, delicious and amazing satisfying! Not only will the recipes help you lose weight and promote overall health, they will also make you feel alive! Do something good for yourself today by beginning the ketogenic diet and cooking some of the tasties and healthiest recipes you've ever eaten in your life. When you have personally seen the difference the ketogenic diet can make in your life, I'm sure you will have no desire to go back to eating the highly refined, chemically laden, nutrient deficient foods that so many people are slowly killing themselves with in our modern food dystopia. Let this book show you why the ketogenic movement is gaining popularity across the world so that you can embrace a new and improved you, one tasty meal at a time! Start today and enjoy all the benefits that come with making the ketogenic diet a ketogenic lifestyle!

## Book Information

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## Customer Reviews

Delicious Ketogenic Diet recipes for a healthier, thinner, more energetic you!-- Of course, I love this to happen. And this book will help me make it possible. Coming across it has been a big bonus for me. And I surely appreciate all the award winning recipes given here. For me, what's difficult in following a diet is that sometimes I run out of recipes to follow. This book will make sure I don't anymore.

This book is a must-have especially for those who are very weight conscious. The recipes here are absolutely delicious not mention easy to prepare. They say that eating healthy is the best way to lose weightâitâs true for this book. Itâs great that the author included the fat, protein, carbs, etc. in the last part of every recipe. In that way, readers could easily calculate their daily intake. Great book!

It is a very well written book. As a newbie to the Ketogenic lifestyle this was very helpful. I have done a lot of reading on the subject and this is a great comprehensive list of what to look out for not

to mention the recipes included in this book are so practical and easy to prepare. This book gets the information across to the reader in a practical way that can actually be applied to real life.

I've been hearing a lot of good things about the ketogenic diet, but I am not one who is easily swayed by such. I usually try to research and learn about the hype and judge it myself from there. In this book, the author was able to layout the basic idea behind the ketogenic diet. It also shares some recipes that will be suitable for those who will want to try the diet. The recipe list is complete from breakfast, main dishes, snacks, sides, and even desserts. This was quite a useful read.

The first book discusses extensively what Ketogenic Diet is all about - terminologies, side effects of the diet, etc. I like how the author gives emphasis on the difference of Ketoacidosis and Ketosis. At least, with information at hand, you no longer need to argue with the physician on the merits of the diet. The recipes also are great. I like that the nutritional values are included as well. A great diet book. And it's very wise to purchase this one because there's three books in one. The recipes are so good that you would want to have a diet forever in your life. I highly recommend this one.

I've been hearing a lot of positive feedbacks in this ketogenic diet that's why when I saw this book on I immediately purchase it. In this book you will learn a bunch of low carb recipes that is good for your health and it can help you lose weight in a healthy way. Albert did a great job on creating a very well detailed guidebook like this and I commend him for that. It is really worth spending my money and time on this book.

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