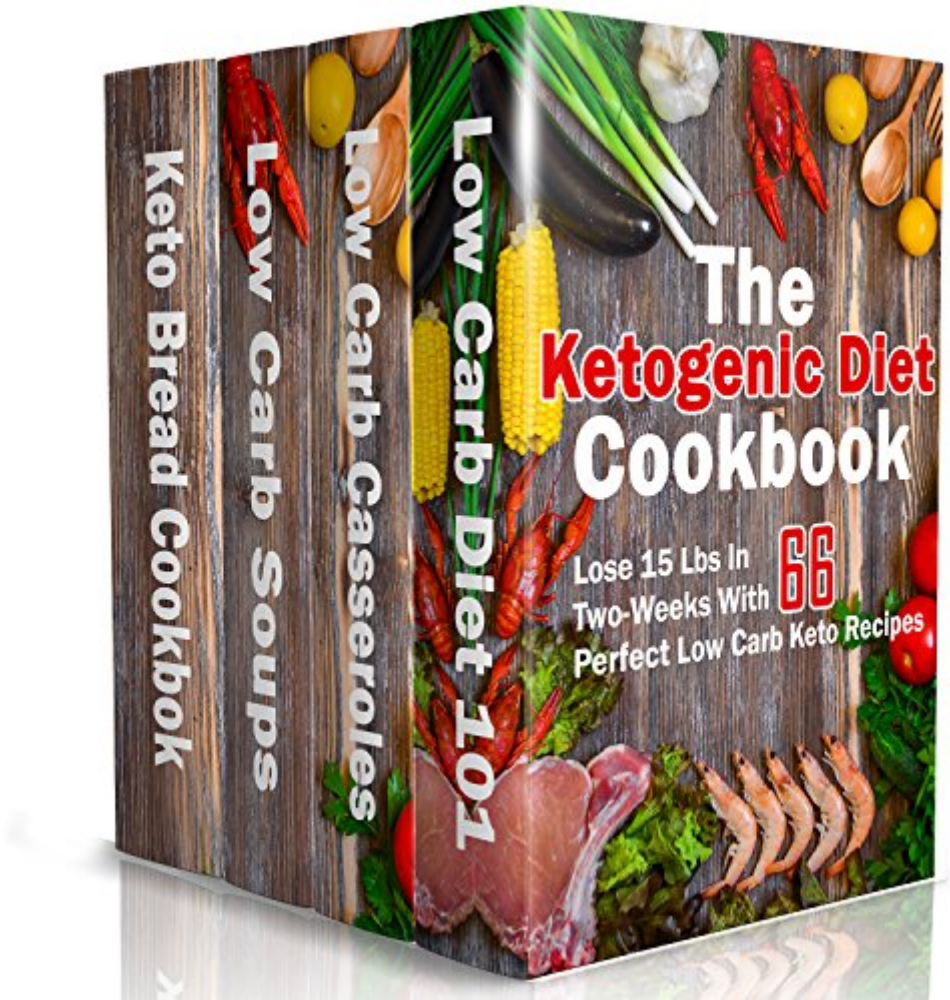
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Synopsis

The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto RecipesBook#1: Low Carb 101: Low Carb Diet - Proven Way to Lose 15 Lbs (7 KG) In Two-Week Challenge Without Even TryingAre you struggling to shed your extra pounds? You are not alone because numerous people are struggling to get rid of stubborn fat of their body. Various diets are available in the market, but each diet has its benefits and limitations. You have to focus on one formula Ã¢â ¬Å“eat fewer calories and burn moreÃ¢â ¬Â•. Low carb diet is a good way to recycle carbs and increase your metabolism. This diet will help you to reduce your weight quickly and improve your overall health. The low carb diet is extremely helpful for everyone to increase their metabolism and melt your body fat. In this book, you will learn the principles of low carb diet and follow it to reduce weight. Low carb diet has been scientifically proven to result in better health and more weight loss as compared to low-calorie and low-fat diet. This book offers: Book#2" Low Carb Casseroles: 25 Super Delicious Low Carb Casseroles for Weight LossThis eBook Ã¢â ¬Å“25 Super Delicious Low Carb Casseroles for Weight LossÃ¢â ¬Â• is a great guidance for you if you are looking for weight loss recipes. These recipes fill your stomach as well as make you feel light. This book covers all the aspects from the basic ingredients, the recipe and also describing the health benefits of each main ingredient in the recipe. The book is divided into chapters and there are five top recipes under each chapter. You can choose any you like accordingly. Here is the list of chapters which this amazing eBook covers: Book#3: Low Carb Soups: 25 Best Delicious Filling Soup Recipes for Weight LossThis ebook is a must read for all those people who are looking forward to losing weight but cannot think about leaving food. Low carb diets are an excellent way for people to make sure that they have enough to eat, they are full and they reduce weight at the same time. The best thing about enjoy low carb meals is that they only help you eliminate carbohydrates from your diet which can become very hard to control in the long run. Carbohydrates not only lead to quick hunger pangs but they contain a lot of starch that only causes weight gain. By giving by the carbs in your diet, you will be able to burn your fats in a much better way and enjoy meals that are wholesome and nutritious and keep you full for longer time. This ebook focuses on some important details regarding low calorie diet. It aims to provide you significant information about how switching to a low carb diet can help you get rid of the unwanted weight and enjoy a slim and fit body. Book#4: Keto Bread Cookbook: Real Low Carb RecipesBread is impressive as it appears in a huge range of guises: virtually all shapes and sizes can and are produced. It can fulfill a variety of roles in your diet. It is interesting to note that the majority of recipes which are designed to encourage ketosis are also excellent choices for anyone with a glucose tolerance issue. The issue is, as bread is often

used to fill a gap in your diet, how can you ensure your body is getting all the nutrients it needs without consuming this high calorie option. The answer lies in the following recipes where you can discover delicious, healthy alternatives which are low in carbohydrates and will boost your ability to get things done!Download your E book "The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes" by scrolling up and clicking "Buy Now with 1-Click" button!

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Customer Reviews

I haven’t really found anything in this cookbook that strikes my fancy. And found no main dish recipes which is what I really needed. Should have looked this over more before purchasing it.

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