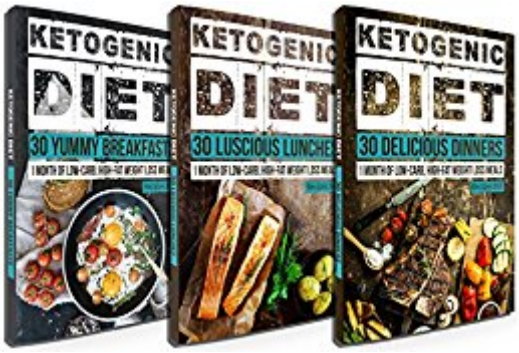
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Synopsis

The #1 Low Carb Diet CookbookÃ¢â “Âº FLASH SALE + FREE GIFT, GET IT FAST! Ã¢â ”â World Class Weight LossWelcome to the world's #1 low-carb weight loss diet. The ketogenic diet turns your body into a fat-burning furnace and helps create an optimal state of being.Join millions of others across the globe by ditching fad diets and turning to a proven solution which does not sacrifice taste or enjoyment of eating.90 Easy to Follow Ketogenic RecipesPacked into this book are 90 delicious keto recipes that you will absolutely love. That's a whole month of breakfast, lunch and dinner!30 Yummy Breakfast Recipes30 Luscious Lunches30 Delicious DinnersNutritional Information IncludedUnlike other cookbooks, our recipes include an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your goals.It's up to you if you want to use this or simply enjoy the meals, but it's nice to know it's there if needed.The ScienceYour body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis.Here your body produces ketones created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones.This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state.Beyond Weight ControlKeto has its origins in treating healthcare conditions such as epilepsy, type 2 diabetes, cardiovascular disease, metabolic syndrome, auto-brewery syndrome and high blood pressure.This diet will take you beyond typical weight control and into a new realm of total body health.Finally, A Diet You Will EnjoyForcing yourself to eat bland, uninspired meals is not a long-term solution to obtaining a healthy body. You will be more likely to relapse or even abandon your diet altogether.This ketogenic cookbook rekindles your love for food, meaning you will look forward to your every meal. When you enjoy what you are eating the results come easy!Free GiftFor a limited time only we are giving away 'Top 10 Ketogenic Diet Mistakes' so you can avoid costly errors and accelerate fat loss.Download now and read on your kindle, tablet, smartphone or computer.Tags: ketogenic cookbook, ketogenic diet, ketogenic recipes, ketogenic diet recipes, keto recipes, keto diet, keto, weight loss, diabetes, epilepsy, LCHF

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File Size: 5570 KB

Print Length: 157 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 4, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01BHX1FNO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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Customer Reviews

I totally love this book. I never knew that ketogenic cookbook like this is so easy to follow. I tried one of the recipes, All I can say is it is so Yummy and affordable. I'm feeling healthy without sacrificing my love for food. And also it is much delicious than what I cook last time. I will continue cooking foods with the recipes from this cookbook. Thumbs up!

This cookbook was very poorly put together. It seems like there was a rush and many mistakes were made. One example is Pumpkin pancakes. the ingredients list pumpkin but the recipe never says to add it to the mix.... :0{

Hmmm. A+++I can do this and not feel like i'm starving. I never looked into the high fat benefit so this is quite surprising and the recipes...DIVINE! Another gem for our kitchen Library! Be it dieting or not this is awesome. So many things even my children want to try. Delicious, healthy and fun. Here you have it!!!

Just flipped through the recipes, but got so excited decided to write a review. Keeping it simple with keto makes it easy, but these recipes are going to make this way of eating a pleasure. They're simple ingredients you probably already have on hand, too. Can't wait to get busy. The only problem is deciding which recipe to start with.

Found quite a few typos during my careful reading. Things like "2 almond flour"-2 what? Cups, tblsp., tsp.? Other than that great recipes.

I haven't had this book for very long so haven't had time to try very many recipes however, the ones I've tried have been excellent recipes. The reason I'm giving it 4 stars instead of 5 is that I bought it for a low carb diet and it doesn't give a carb count for the recipes. So it's a good useful book if you already know the carb counts for different foods.

These recipes sound wonderful. I am going to try a lot of them. Especially the lunch and dinner ones. The only reservation I have about giving 5 stars are the sweet breakfast recipes. Just my opinion but I feel if we keep eating sweets, we will keep that craving inflamed. Thank you so much. I am really looking forward to making many of these recipes this winter.

I am so glad that I decided to get this book. I have been trying to lose weight for ages but I just cannot keep it off and diet food taste horrible. I decided to try again and the recipes in this book are wonderful. It is detailed from breakfast all the way to dinner and has snacks included too. So it will give you recipes for the entire day. Highly recommend this book, thank you for writing it

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