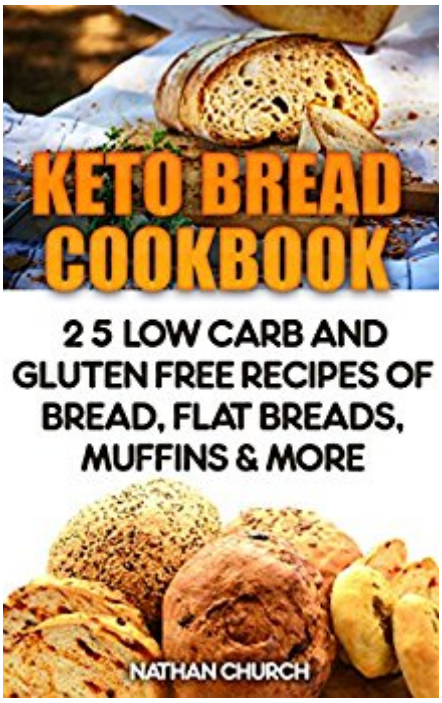
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Synopsis

Getting Your FREE BonusDownload this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion.Keto Bread Cookbook: (FREE Bonus Included)25 Low Carb And Gluten Free Recipes Of Bread, Flat Breads, Muffins & MoreThe Keto diet is not new, it has been referred to by many names in the past. However, the basic premise is simple. Instead of consuming carbohydrates and relying on your body to produce insulin and glucose to power itself; you can reduce your carbohydrate intake and force your body to start burning fat. The fat is converted in your liver into ketones in a process known as ketosis. This substance can be burnt by your body in the same way as glucose. However, it is a slower burning and long lasting source of fuel. The result in most cases is more energy; more mental focus and a greater ability to complete any task.Of course, this is not the right diet for everyone. It will require a lifestyle change and considerable thought regarding the foods you eat. This book is designed to help you sustain a keto diet; whether you are new to it or have been doing it for a while. The book is separated into several recipe types: 7 different bread recipes to allow you a choice for every occasion. 6 Flat bread recipes which make excellent meals by themselves, pizza bases or anything else you can imagine! 6 delicious muffin recipes to help when you have a sweet tooth or are looking for something a little different. 6 alternative recipes which are worth trying; you will not be disappointed Download your E book "Keto Bread Cookbook: 25 Low Carb And Gluten Free Recipes Of Bread, Flat Breads, Muffins & More" by scrolling up and clicking "Buy Now with 1-Click" button!

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