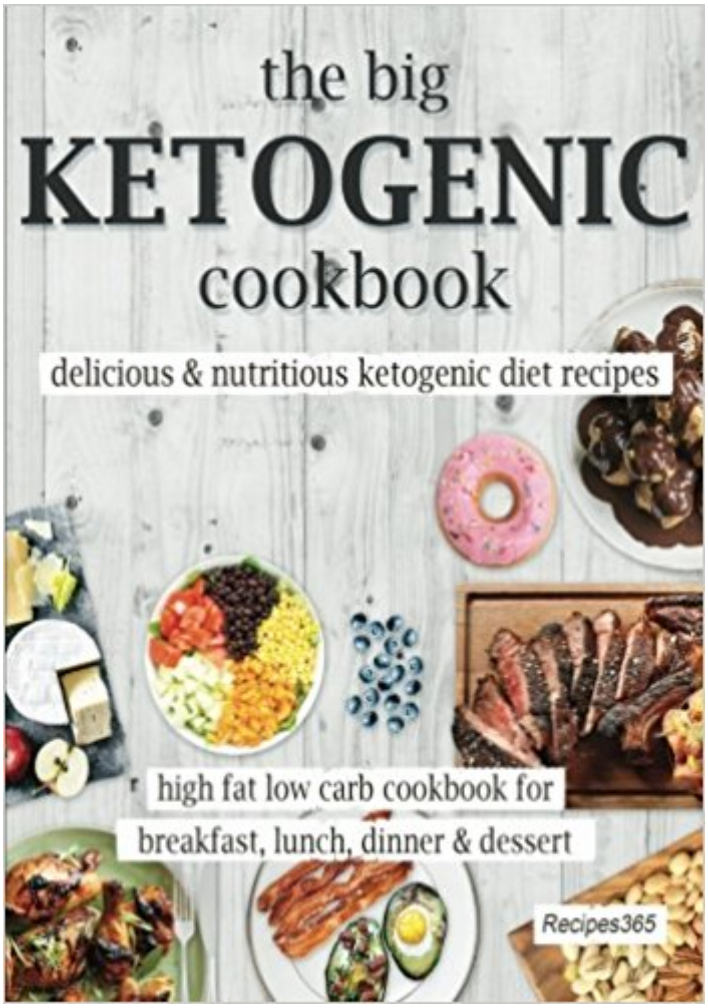
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The Big Ketogenic Cookbook: Delicious & Nutritious Keto Diet Recipes: High Fat Low Carb Cookbook For Breakfast, Lunch, Dinner & Dessert




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Synopsis

The Big Ketogenic CookbookÃ¢â “Âº FLASH SALE + FREE GIFT, GET IT FAST! Ã¢â ”â Become a Fat Burning Furnace!Welcome to the world’s #1 high-fat, low-carb weight loss diet. The ketogenic diet turns your body into a fat-burning furnace and helps create an optimal state of being through ketosis.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.120 Easy to Follow Keto Diet RecipesPacked into this book are 120 delicious ketogenic recipes that you will absolutely love. That’s an entire month of breakfast, lunch, dinner and dessert with a choice of different meals every day!30 Beautiful Breakfast Recipes30 Lovely Lunches30 Delicious Dinners30 Delightful DessertsNutritional Information IncludedUnlike other cookbooks, all our recipes include a 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 is there if you need it.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.Buy now and get it FAST!Tags: ketogenic cookbook, ketogenic diet, ketogenic recipes, ketogenic diet recipes, keto recipes, keto diet, keto, paleo recipes, weight loss, diabetes, epilepsy, LCHF

Book Information

Paperback: 146 pages
Publisher: CreateSpace Independent Publishing Platform (July 7, 2017)
Language: English
ISBN-10: 1544299109

ISBN-13: 978-1544299105

Product Dimensions: 7 x 0.3 x 10 inches

Shipping Weight: 12.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 19 customer reviews

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Customer Reviews

So so many of these recipes have big mistakes. Like not getting right "tsp" or "Tbsp" right. I wasted so many ingredients when one of the recipes called for 3 Tbsp of baking powder, and after the recipe failed I looked for the recipe online and it was supposed to be 3 tsp. That makes a huge difference for things like baking powder. This recipe also called for eggs but didn’t say in the instructions what to do with them. Several more recipes had problems with the "tsp" or "Tbsp". One called for a "Tbsp" of vanilla and after looking that recipe up too it should have been "tsp". Very disappointed because now I am going to feel like a I need to check with other recipes online so I don’t waste a bunch of food

Okay, but no photos, somewhat confusing & less than specific directions on some recipes. Pretty good recipes.

There are several mistakes in the book. For example, one recipe that needes baking was missing oven temp. It just said bake for 25 to 30 min. Nothing about preheating. I had to look up the recipe online.

I am a non cook and these are great straight forward recipes. Very varied .. great book

This is a great book for the food lover who wants to lose weight with high fat, low carb, high protein weight loss diet recipes.All of the things, tips and guides that I need to know about Keto Diet including high fat, low carb, high protein weight loss diet recipes are already included and well written inside. The author has done an incredible job in compiling and creating this book.Also the unique part of this book is there are 120 delicious ketogenic recipes for a whole month of breakfast,

lunch, dinner and dessert with a choice of different meals every day arranged in a nice way to make it easy for you to follow and all the recipes are include a calorie count broken down into fat, carbs and protein to ensure you stay on track for your goals.. And the step by step advise has been useful and well explained.This book is really a great resource for those who want to take keto diet seriously on their diet plan. Worth a recommendation.

Unlike many recipe books, I like how it breaks down the nutritional macros/serving. Many easy to make (microwave) to a few more time consuming but overall very Me to and non-chef friendly. Good for anyone even if u can’t cook like me.I just wish there were more recipes and alternatives listed. For example, nuts/ nut butter, dairy alternatives, anything without coconut (yuck) etc would have made this book more friendly to a bigger audience.Also many ketogenic recipes call for obscure ingredients which makes the purpose a fail. Costly and timely - this uses ingredients used in many keto recipes|normal kitchen and useful for future recipes (i.e., no carb sweetener erythritol)

Low-carb diets are an invaluable tool in dealing with health conditions such as obesity, diabetes, metabolic syndrome, lipid disorders, epilepsy, and increasingly, cancer. Martina’s work, including her blog, book and apps, have been real gems for the low-carb community. Her real-food approach and attention to detail sets her work apart from many others.The ketogenic diet is a high-fat, moderate protein, low-carb diet. It’s a diet that causes ketones to be produced by the liver, shifting the body’s metabolism away from glucose and towards fat utilisation.The book will walk through the guidelines and benefits of the ketogenic diet, and itÃƒÂ¢Ã â ¬Ã â„¢ll show us how to make more than 150 delicious low-carb recipes. We’ll find everything from breakfast to dessert, plus some low-carb staples that are easy to make at home.

"I go through a fair amount of cookbooks because I normally find there is not enough variety but this is possibly the best keto cookbook in my collection for that very reason.You get 30 breakfast recipes, 30 lunch recipes, 30 dinner recipes and 30 dessert recipes. Now I donÃƒÂ¢Ã â ¬Ã â„¢t care for pictures in cookbooks because I prefer a little room for improvisation so I will not remove a star for that.I am very happy with this purchase."

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