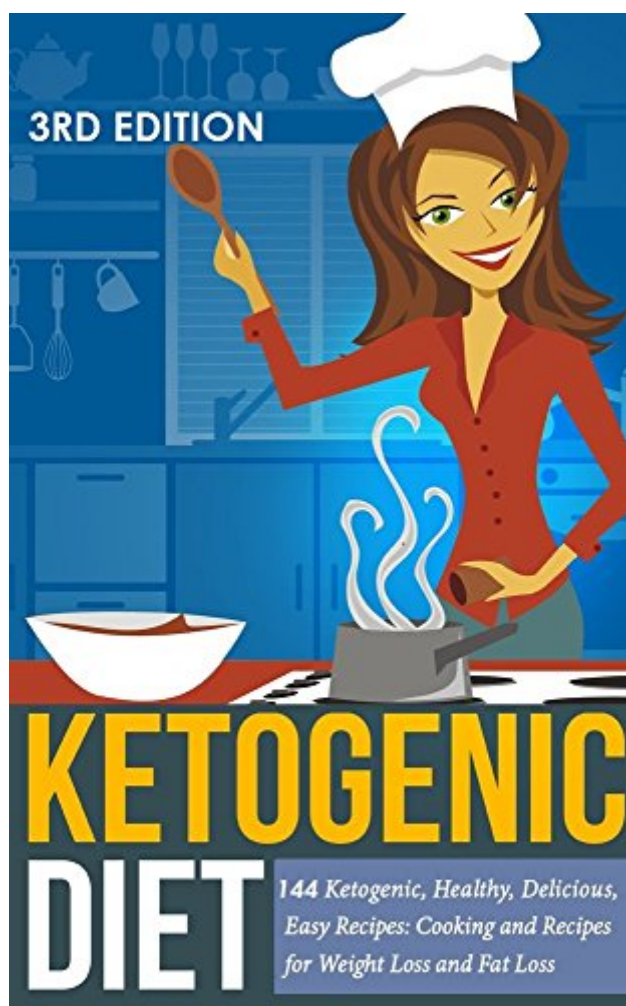


The book was found

Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking And Recipes For Weight Loss And Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet)





Synopsis

WHEN IT COMES TO WEIGHT LOSS, DO YOU FEEL AS IF YOU'VE HEARD IT ALL AND TRIED IT ALL WITH UNSATISFACTORY RESULTS?***All Recipes Include Nutritional Values!***With the myriad of diets available out there, I understand why you would feel doubtful about whether a new one you've heard about would really work. But I am confident that this book is the perfect reference to help you! A ketogenic diet offers many benefits, the best of which is that helps transition your body from using glucose to using fat as fuel. This means that not only do you get to lose excess weight, you also get to burn fat continuously and consistently once your body gets used to this type of diet. I know what your next questions are. How do you start benefiting from this diet? And does it really work? The answers are all in this book! Meal planning is often a difficult task, especially when you have to stick with recommended ingredients and servings. This book makes meal planning easier while providing a large number of recipes that you can follow or even customize to suit your taste! Here is what this book has in store for you: 144 delicious and nutritious ketogenic recipes
Energizing breakfast ideas
Sensational seafood preparations
Marvellous meat dishes
Phenomenal poultry entrées
Satisfying sweets
Keto-approved condiments, dips, and sauces
Super Smoothies and Shakes
Start reaping the benefits of healthy keto meals every day.
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Book Information

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Customer Reviews

The recipes look ok, but absolutely no nutrition info was listed after the recipe. This info is needed when trying to keep your keto diet carbs at 20-30 grams. And it's way too much trouble trying to figure out each recipe. How did this book get so many great reviews ??? Would return but it'll cost me the cost of the book to do so.

The recipes are nice, and easy to make, but I have to dock the book heavily since no nutritional information was provided for any recipes. If you are doing lazy keto that is fine, but there comes a point where you have to track your macros to continue making progress. I got the kindle version, so if an update were to be made available that had the nutrition info, I would add stars to my review

This book has some good recipes but there are a lot of recipes that are way too high in carbs to be considered Keto. Be sure you understand the keto diet before making and eating a lot of these recipes. I am very disappointed in this book.

I can eat cheese, potato, butter, meat and all the other food that will increase my weight. I was like how this diet can helped me to lose my weight. I had lost 4 pounds within a week. The recipes were awesome. I came to know that if we consumed food which contain all the minerals that are required for our body. There were 84 recipes so I never felt bored following this diet. It was easy to make and it tasted very good. Actually I was eating more than I used to while following this diet.

My doctor tells me I need to cut down my sugar intake and must change my eating habits before its too late. My weight had been going out of control. As I have nothing much to do one weekend, I decided to browse for diet books. When I seen this book, I was not even sure what the word ketogenic diet meant. As I kept on reading sections of the recipes I just realized that it meant no grains and no sugar. Was I ecstatic!!! Here is what I need. Recipes that was easy to follow. Dishes that planned ahead for you and quick enough to follow. Best of all, it supposedly have no sugar. Low carbohydrates as well. This book surely helped me a lot and looking forward to trying out all

recipes. Its a must for everyone out there that wants to control their sugar intake as I have.

Ketogenic diet is no sugar and no grain diet. This diet helps to lose weight and to stay healthy. This book contains some very good recipes of Ketogenic Diet which are very useful for our health and also very delicious and yummy. The recipes of breakfast, seafood, beef, chicken and condiment are healthy and easy to make. With this diet you will surely lose weight.

I have read several books about Ketogenic Diet, but I still feel that this is one of the most complete among the lists. This is such a delicious and nutritious read. Breakfast recipes are what I am after for because I know that breakfast should not be missed among all the meals of the day. I also find the following recipes very helpful in following the diet: Tuna Salad, Curried Peanut Shrimp, Smoked Salmon Maki to mention some. Red meat recipes that are included in this kind of diet plan are also among those that will surely be prepared in my kitchen. Ketogenic diet must be considered to add in your diet plan if you want to have a healthy body.

I've been wanting to have a nutritional meal that will help me lose weight and be healthy at the same time. This book does not only give you why it encourages you to shift you on ketogenic diet but it explains to you what it can do your body. Recipes are with clear instructions and easy to follow. You may choose from breakfast, to sweets, to meat and to poultry. All recipes are available in the market so you wouldn't have second thoughts of not trying the suggested recipes. Our aim is to be healthy so again why not give this recipes a try. Indeed, health is wealth!

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