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# Ketogenic Diet: 120 Mouthwatering Ketogenic Diet Recipes: 30 Days Of Breakfast, Lunch, Dinner & Dessert + FREE GIFT! (Ketogenic Cookbook, High Fat Low ... Keto Diet, Weight Loss, Epilepsy, Diabetes)



## Synopsis

The #1 Ketogenic Diet Cookbook—<sup>o</sup> FLASH SALE + FREE GIFT, GET IT FAST! —, World Class Weight Loss 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. 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 Ketogenic Recipes Packed into this book are 120 delicious keto recipes that you will absolutely love. That's a whole month of breakfast, lunch, dinner and dessert! 30 Yummy Breakfast Recipes 30 Luscious Lunches 30 Delicious Dinners 30 Delightful Desserts Nutritional Information Included Unlike 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 is there if you need it. The Science Your 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 Control Keto 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 Enjoy Forcing 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 Gift For 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

## Book Information

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## Customer Reviews

I'm always looking for new recipes that help cut carbs out of my diet, that's why the ketogenic diet is so amazing. I loved the recipes in here, they were quick, easy to understand and the few that I've tried so far are really good! I've had tacos that substitute the tortilla with lettuce before, but I've never thought to make the tortilla out of melted mozzarella, genius! This is the only guide you need in order to follow the ketogenic diet.

The author has presented a fabulous book on ketogenic diet which brings a good news for the readers of losing weight with delicious given recipes of breakfast, lunch, dinner and fascinating deserts recipes with complete recipes and ingredients which are easy to make. This book surely very advantageous and helpful in keeping you fit and smart after keeping control on weight. Must read this book!

It was indeed an incredible to read with, it has a lot of recipes to give. The Ketogenic Diet was an interesting read for the most part. It really does go into great detail and technicalities about body mechanisms and how precisely ketosis works so it may be a little overwhelming for the beginner. It did help me learn a lot about different body processes although it was basically a more in depth review of everything I already knew.

I have been interested in this ketogenic diet since I read a book about this one. This book is really

interesting since it is a ketogenic diet. This book offers up a great variety of different types of foods that you can make with a good variety of ingredients. Of all the ones that I have tried from this book, I haven't found one that was hard to do and all of them were simply amazing.

Awesome book on Ketogenic Diet. The ketogenic diet is necessary to turn the body into a fat-burning furnace. It was helpful for me as I tried two of them which were really delicious. This book contained a whole month of breakfast, lunch, dinner and dessert. Recipes365 Cookbooks represent it in an easy way. Thanks. Recommended for the food lover.

The ketogenic diet is important to transform the body into a fat-burning furnace. It was useful for me as I attempted two of them which were truly delicious. It truly goes into an extraordinary point of interest and details about body components and how exactly ketosis functions so it might be a touch of overpowering for the fledgling.

I was looking for ketogenic diet recipes and found this book. This book has breakfast, lunch, dinner, and dessert recipes. I prepared greenie protein smoothie and pizzas on portobello and it was very tasty and fulfilling. Each recipe has clear explanation and method of preparation. If you are looking for varieties of ketogenic diet recipes, this is one of the good books.

Awesome recipes! I have been following updates by some friends of mine who are into the ketogenic diet. I must say that I get curious by the week. Having seen this book online, I immediately got it and I learned so much more. This is more than a recipe book. It holds information about the process of ketosis and how it can be achieved. I also like the way the author presented this diet. Really worth recommending!

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