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50 Delicious Ketogenic Recipes: The Ultimate Cookbook for the Beginner at Ketogenic Eating (Includes 10 Bonus Desserts Recipes!) (Paperback)

By Kara Wolf

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Today, the Paleo Diet has reached a high-level of popularity, and it doesn't seem to be slowing down! Many are getting on the "low-carb train" to make it to their happier and healthier selves. And we are granting you the opportunity to hop on board! This cookbook will be your ticket to a lifestyle of wholesome and healthy eating. Not only will you be able to improve your overall health, you will be able to find your nutritional balance and stabilize your metabolism by simply eating the right foods. What you can expect. Let's face it. Sticking to a diet can be a daunting task, and the fact that you have to transition into spending more time in the kitchen can sometimes be an unbearable load. And we all know the Paleo Diet requires a ton of cooking. So much to the point that it may not accommodate your busy lifestyle. Wouldn't it be great to have a delicious Paleo meal hot-and-ready as soon as you arrive home? Wouldn't it be awesome to spend less time cooking and more time doing the things you love?...



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