



Ketogenic Cookbook - Secrets of Ketogenic Cooking. 60 Delightful Ketogenic Recipes for Fast Weight Loss (Paperback)

By MR Steven D Shaw

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. 60 Delicious Low-Carb High-Fat Keto Recipes These keto-friendly recipes were created for everyone who wants to eat healthy food and to be in nutritional ketosis. They are fast and straightforward to prepare. Ketogenic recipes are built around real food and keep with Paleo principles. These Ketogenic recipes are entirely FREE of: - Legumes - Sugar - Grain - Potato - Unhealthy oils & fats - Artificial sweeteners Our Ketogenic Recipes will help you: - Lose weight - Increase energy level - Effectively burn fat - Normalize cholesterol level - Reduce blood sugar & insulin - Normalize blood pressure Save your time with our Ketogenic Cookbook Learn recipes for awesome meals you can prepare in a few minutes! This keto cookbook is perfect for both beginners and pros You do not need any experience in ketogenic cooking. If you are a brand new to ketogenic diet, this book is what you need to get up and running fast! Fantastic recipes with photos It took us time and effort to make photos for each recipe. So, before cooking, you can see how your keto-meal will look like....



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