



Keto Meal Prep for Women: 5-Ingredient Affordable, Quick & Simple Keto Meal Prep Recipes - Effective Fat-Burning, Weight Loss & Hormonal Balance - 21-Day Keto Meal Plan (Paperback)

By Clare

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Have you struggled with resistant weight loss or weight maintenance? In this #1 best seller, you'll learn how to cook 2019's most affordable, quick & easy 5-ingredient recipes for beginners on the ketogenic diet. A little planning and prepping go a long way towards success on the ketogenic diet. This Keto Meal Prep for Women Cookbook contains the following categories: Breakfast, Lunch, Dinner, Snacks and Side Dishes, Vegan and Vegetarian, Desserts. When you begin following the ketogenic diet, whether your goal is to promote weight loss, improve blood markers, or just enhance overall health and well-being, it's easy to forget to enjoy food. Some people fall into a drab routine of consuming the same dishes over and over, which can lead to boredom and frustration and ultimately to the desire to fall back into old, poor eating habits. From this cookbook you will learn: Why Keto? The Nutritional Needs of Women, How keto is different from other diets, How Does the ketogenic diet work? How to know when you are in Ketosis, The Health Benefits of Keto diet, 8 Helpful Tips for the keto Journey, The Benefits of Meal Prep, Meal Prep Principles, 21-Day Meal Plan to Make the Start of Your Journey Easier. And...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication I have read. Your life period will probably be enhanced the instant you start looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication I actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. It's been written in an exceptionally simple way in fact it is just right after I finished reading this ebook where it actually transformed me, altered the way I really believe.

-- Dr. Celestino Spinka III