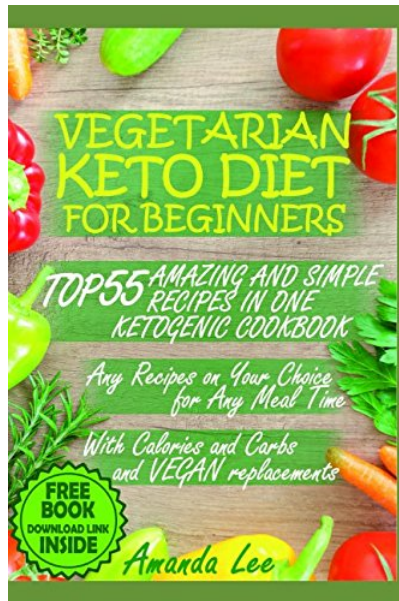


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Dear reader! Thank you for your interest in my book. Before you start reading, I'd like to tell you a little about what awaits you on the pages of the book. Ketogenic diets are gaining in prominence because they help people shed the extra pounds while maintaining muscle mass. This is possible because the diet causes one's body to burn fat as an energy source. This controlled method of losing weight is much better than drastic means like crash dieting or even starving, as they have long-term negative side effects and likely will yield temporary results. With the help of a ketogenic diet, one can gain the right body equilibrium and stay fit as well. A vegetarian diet provides rewarding health benefits, but finding the right nutritional balance can be a bit challenging. Although meat and other non-vegetarian food products tend to be rich in nutrient content, it is possible to achieve a healthy and nutritional diet by consuming only vegetarian foods. To add to the challenge, many diet plans do not follow vegetarian standards by recommending a variety of non-vegetarian products. So, if you are tired of going through

endless meal charts and finding that they do not suit your vegetarian lifestyle, we are here to help. Contrary to many meal charts that recommend meats and non-vegetarian products, this book will reveal the secrets to enjoying a strict yet robust vegetarian keto diet. In this book, we are going to discuss Lacto ovo vegetarian meals. However, we'd like to draw your attention to the fact that lacto vegetarians, ovo vegetarians, and even vegans, followers of the strictest diet, also can use all the recipes presented in this book. This book contains tables of lacto-ovo substitutions that can be used to replace a variety of dairy and egg ingredients. Simply use these equivalent ingredients to customize our recipes to your individual preferences. These substitutions will allow you to maintain your keto diet because the vegan-counterparts tend to contain even less carbs. There are 55 great recipes in this book to ensure you'll be able to enjoy food, despite dieting. We'll be sharing recipes for breakfast, snacks, lunch, and dinner so you can keep munching a bit whenever you want. Also, don't forget to take your **FREE BONUS: 'TOP10 Ketogenic Smoothie and Dessert Recipes'** So, if you do not know much about the ketogenic diet but you are looking for ways by which you could attain the right body mass index, here is what you need to know. In this book, we are going to give you comprehensive details about each and every aspect pertaining to the vegetarian ketogenic diet and how you can stick to it, all the while enjoying your meals and shedding the extra pounds. Does it sound too good to be true? Let's get to facts and prove the benefits to you. Just Click "Buy now" and start your new life!

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