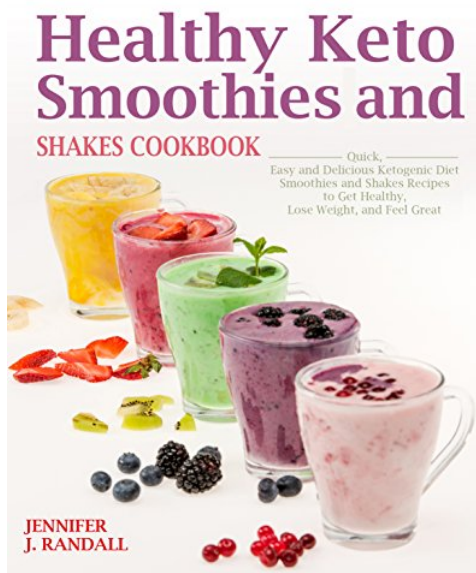


[Free PDF File] Healthy Keto Smoothies and Shakes Cookbook: Quick and Delicious Ketogenic Diet Smoothies and Shakes Recipes to Get Healthy, Lose Weight and Feel Great



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Making ketogenic smoothies and shakes is so easy to do and very yummy for the tummy. It is the perfect solution for people living a fast-paced life who want to lose weight and yet still enjoy nutritious and delicious food. If you like what you are reading, then this is the Keto eBook to buy! For most people who are harried by the hustle and bustle that we call life, they usually sacrifice their diet and health because of the inconvenience of cooking and preparing their own food—and even because of cleaning the aftermath of cooking. It does not have to be that way, though. With keto and shake smoothies there is no need for chopping or cooking. All you need to do is dump the ingredients in the blender, press the button, wait a minute, transfer the shake to a tumbler, and enjoy! This eBook is the perfect solution to your problems. How? Why? Well, first it adheres strictly to the keto diet. It uses ingredients that can easily be sourced, stored in the fridge or pantry for long periods. And most of all the ingredients are wholesome, healthy, nutritious, and packs a lot of flavor. To top it off, no cooking needed and very minimal

prepping. A gastronomic adventure is easily within your grasp with this eBook! Get to know the Keto Diet fast and easy: A quick and detailed list of foods to eat and NOT to eat. What is the driving force behind Keto Diet's weight loss effects? And tips and tricks for creating delicious Keto Smoothies and Shakes. Make These Mouth-Watering Smoothies and Shakes: Creamy & Nutty Macadamia Nut Green Shake, Strawberry-Green Tea Morning Smoothie, Blackberry-Hazelnut Chocolate Smoothie, Ginger-Spiced Coconut-Milk Shake, Lemon-Coconut Shake, Chai Tea Smoothie, Vanilla-Flavored Chai Smoothie, Rosemary-Lemon Garden Greens Smoothie

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