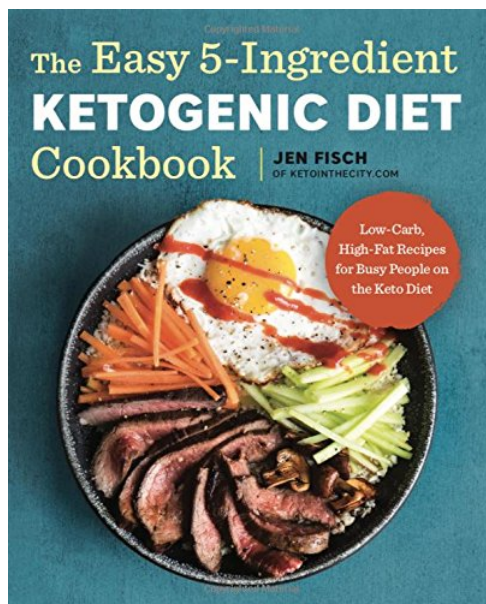


XSzZh [Download] The Easy 5-Ingredient Ketogenic Diet Cookbook: Low-Carb, High-Fat Recipes for Busy People on the Keto Diet



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Keep up with keto on even your busiest days with The Easy 5-Ingredient Ketogenic Diet Cookbook Finding quick and easy keto recipes that fit with your lifestyle and schedule can be difficult. That's why Jen Fisch, the blogger behind Keto in The City and a busy working mom, shares her favorite stress-free keto meals in The Easy 5-Ingredient Ketogenic Diet Cookbook. With 130 recipes that require no more than 5-ingredients, including many one-pot or 30-minute recipes, this cookbook offers a simple solution to keeping the ketogenic diet easy. The Easy 5-Ingredient Ketogenic Diet Cookbook includes: Ketogenic diet recipes include: BLT Breakfast Salad, Broccoli-Cheese Soup, Baked Zucchini Gratin, Garlic Butter Shrimp, Barbacoa Beef Roast, Berry Cheesecake Fat Bomb, and much more! Stay on the ketogenic diet with these hassle-free recipes for hectic schedules.

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