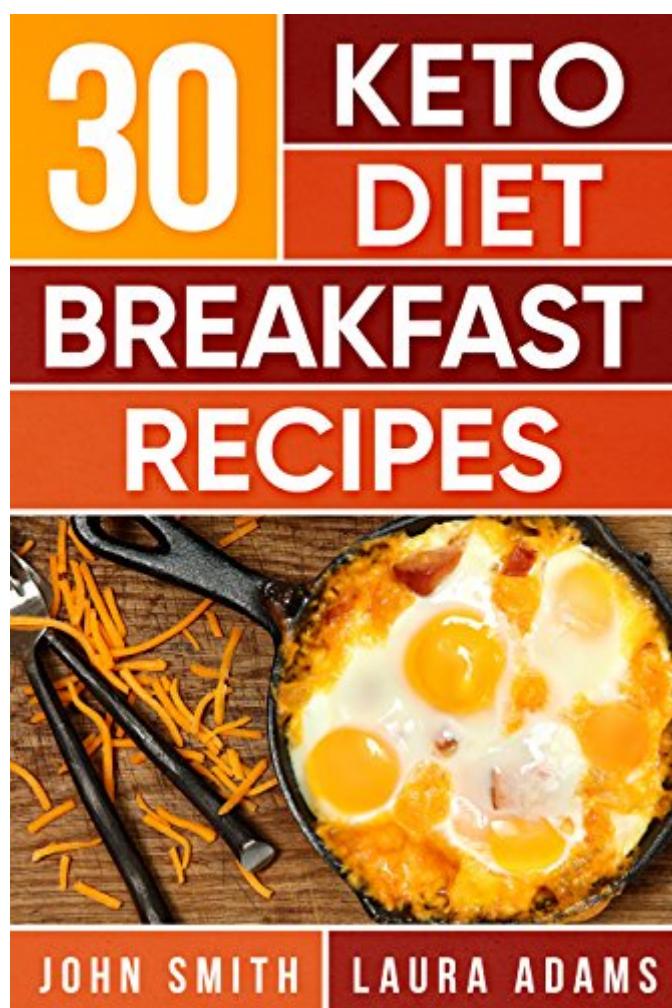


The book was found

Ketogenic Diet: The Ketogenic Diet Cookbook: 30 Keto Diet Breakfast Recipes For Rapid Weight Loss And Amazing Energy!



Synopsis

Have you ever felt that you are not blessed with the best fat burning genetics? Food seems to go straight to the belly, thighs, and bum? Have you tried all the diets and still got no result? If that is the case with you, then Ketogenic Diet is for you! The recipes that have been provided in this book are ketogenic diet friendly. These recipes are not only easy to cook but taste wonderful too. All that you will need to do is get the necessary ingredients and keep them on hand. If you plan ahead and pre-decide your meals, following the keto diet won't be difficult. It would be quite simple. You will need to stay strong and resist temptation. Be patient and you will definitely notice positive results in no time. Also, this diet helps you in losing fat from the abdominal region.

A COLLECTION OF DELICIOUS AND EASY TO COOK KETOGENIC BREAKFAST RECIPES FOR A HEALTHY LIFESTYLE.

WHAT WILL YOU DISCOVER INSIDE.

- 1. How to cook various and tasty meals with simple ingredients
- 2. Recipes for breakfast, lunch, dinner, snacks, sides, and desserts
- 3. Prep time, cooking time and number of servings for each recipe
- 4. Each recipe is written in easy to follow steps
- 5. Benefits of the Ketogenic Diet
- 6. And A lot more!

KETO RECIPES WERE NEVER SO DELICIOUS AND SIMPLER.

WHAT ARE YOU WAITING FOR? TAKE ACTION TOWARDS ACHIEVING THE BODY THAT YOU DESERVE! GO TO THE TOP OF THIS PAGE AND CLICK "BUY NOW".

Book Information

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Customer Reviews

This is a healthy book on Ketogenic Diet. All of the things, tips and recipes for rapid weight loss and amazing energy that I need to know about are already included and well written inside. The authors have done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the *Recipes for breakfast, lunch, dinner, snacks, sides, and desserts & Benefits of the Ketogenic Diet*. Very healthy, useful and well written. This book is really a great resource for those who want to learn more about Ketogenic Diet.

Ketogenic diet helps to lose fat from abdominal regions especially. this book provided some great tips and guides to follow ketogenic diets with some easy to cook recipes that taste wonderful. Following keto diet is not so difficult you just need a strong plan and pre-decide your meals. Stay strong resist temptation and you will definitely find result in no times using ketogenic diet following this book

I was literally running out of ideas for breakfasts for my keto-fan husband lol so bought this book and it worked just fine. All 30 recipes seem pretty simple, and taste quite delicious, and the number is enough to keep the variety going on. I am eating those breakfasts too, though I am not following keto diet but just lazy to cook for myself, and I enjoy these meals too. So, surely recommended!

The comprehensive book on ketogenic dieting for weight loss or athletic performance. Exhaustively researched, thoroughly footnoted, and detailed on every sphere of training, nutrition, and supplementation. Quick and relatively easy read. Author dispels the myths about the "keto" diet and goes in detail about the various types of Keto. Great keto breakfast recipes!

It did help me learn a lot about different body processes. I started following keto lifestyle this year in August. It really does go into great detail and technicalities about body mechanisms and how precisely ketosis works so it may be a little overwhelming for the beginner. This has given me different breakfast meals to fix and not get bored with same old things.

I've looked through this book, and I must admit that this is an excellent guide for those that begin with the ketogenic diet and want to stay in it. The book contains very good tips and advice that will be helpful to everyone. The recipes are delightful, direct and there are genuinely heaps of them. This is great, clearly written and very easy to make, All in all, I sincerely recommend!

I have been on the cryogenic diet for five days now and lost 6 pounds. I have been stalled in my weight loss even after having had gastric bypass surgery. The doctors have gone so far as to say that I have a high metabolic resistance and should just live with my weight at 236 since everything else is healthy. Tell me is needing knee replacement surgery, having sciatica bad, asthma, being newly diabetic healthy for a 58 year old woman? Thank you for the wonderful life saving recipients that are already holding me loose weight.

This book is specially for those who still didn't find the book of wide variety of recipes included in ketogenic cookbook. This book introduced the easiest method of reducing weight and trying new and delicious fun of recipes. So, no need to be worry about lunch, breakfast, dinner or for snack time because this book is a complete package.

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