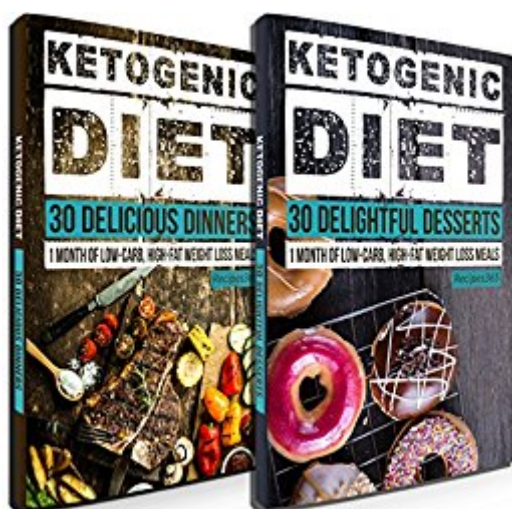


The book was found

Weight Loss: 60 Delicious Ketogenic Diet Recipes: 30 Days Of Dinner & Dessert (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes)



Synopsis

The #1 Weight Loss Diet—^o FLASH SALE + FREE GIFT, GET IT FAST! —, World Class Weight Loss Welcome to the world's #1 high-fat, low-carb weight loss diet. The ketogenic diet turns your body into a fat-burning furnace and helps create an optimal state of being. Join millions of others across the globe by ditching fad diets and turning to a proven solution which does not sacrifice taste or enjoyment of eating. 60 Easy to Follow Ketogenic Recipes Packed into this book are 60 delicious keto recipes that you will absolutely love. That's a whole month of dinner and dessert! 30 Delicious Dinners 30 Delightful Desserts Nutritional Information Included Unlike other cookbooks, our recipes include an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your macros. It's up to you if you want to use this or simply enjoy the meals, but it's nice to know it's there if needed. The Science Your body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis. Here your body produces ketones created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones. This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state. Beyond Weight Control Keto has its origins in treating healthcare conditions such as epilepsy, type 2 diabetes, cardiovascular disease, metabolic syndrome, auto-brewery syndrome and high blood pressure. This diet will take you beyond typical weight control and into a new realm of total body health. Finally, A Diet You Will Enjoy Forcing yourself to eat bland, uninspired meals is not a long-term solution to obtaining a healthy body. You will be more likely to relapse or even abandon your diet altogether. This ketogenic cookbook rekindles your love for food, meaning you will look forward to your every meal. When you enjoy what you are eating the results come easy! Free Gift For a limited time only we are giving away 'Top 10 Ketogenic Diet Mistakes' so you can avoid costly errors and accelerate fat loss. Download now and read on your kindle, tablet, smartphone or computer. Tags: ketogenic cookbook, ketogenic diet, ketogenic recipes, ketogenic diet recipes, keto recipes, keto diet, keto, weight loss, diabetes, epilepsy, LCHF

Book Information

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Customer Reviews

I had picked the book: â œWeight Loss: 60 Delicious Ketogenic Diet Recipes: 30 Days of Dinner & Dessert + FREE Guide (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes)â • just out of curiosity; but was pleasantly surprised to go through it. It is an attention-grabbing book for those who want to try high-fat, low-carb weight loss diet. The Ketogenic diet is well explained, leading the reader to understand their body which, according to the author, is a fat-burning furnace and helps create an optimal state of being. A great read to ditch fad diets and turn to a proven solution which does not sacrifice taste or enjoyment of eating, like most diets of the world do. And to top it all, 60 Easy to follow Ketogenic Recipes! Dinners, desserts and nutritional information included. And also an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your macros. Wow, I absolutely loved them and am even out to try some of them. I recommend this book not only to diet watchers, but to readers in general. We all need to take care once in a while of our body!

It is fascinating to realize that there are sheltered strides or systems to shed pounds and in the meantime to have a solid eating regimen. Various formulas including the quantity of calories, fats, starches that the formula gives is very much exhibited in the book. The Ketogenic eating regimen is all around clarified, driving the peruser to comprehend their body which, as indicated by the creator, is a fat-blazing heater and makes an ideal condition of being. Overall the book is elegantly composed and straightforward furthermore formulas are anything but difficult to cook.

This book has made me realize the importance of the Ketogenic diet. I think that I am fit for the ketogenic diet that's why I like this book. I enjoyed reading every detail of this material. In fact, I have known new routines to lose weight with this kind of diet by eating the right food and meal especially during dinner. It is interesting to know that there are safe steps or techniques to lose weight and at the same time to have a healthy diet. Though I would say that these steps are effortful. One must be really patient in following these effective ways to have a healthy and fit body. The author did a good job in writing this piece.

Many of the recipes are quite intriguing and I have noted to try some of them when I have a special occasion for that. The additional tips at the beginning of each recipe were extremely helpful. E.g. adding a dash of ground coffee before making mocha ice cream. In fact, the butterscotch ice cream recipe proposes to add vodka. So strange for a keto diet recipe... The book is still nice, but it would be even better if the author adds the photos.

For those who are looking for an effective and natural way to lose weight, why don't you try the ketogenic diet? And for you to start, this bundle is definitely a good one to read. This contains mouth-watering recipes for dinner as well as desserts. With this, you'll surely be able to experience the amazing benefits of the ketogenic diet to your overall wellness. Therefore, this is such a recommendable cookbook to have for a healthy and fit life.

This is a great cookbook for vegetarians. All recipes are very tasty and light, which is very important for me because I do not have much time for cooking. I really liked how the author proposes to combine flavors, dishes are very flavorful and delicious. I found a lot of unique and ideal recipes for all my family. Thanks to the author for this cookbook. I recommend this book!

The book is written about the weight loss challenges especially when it comes to using the dietary route and the presented recipes will help the reader to know the best options to begin with in terms of using the ketogenic diet in losing the extra pounds and the proper maintenance after attaining the results.

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