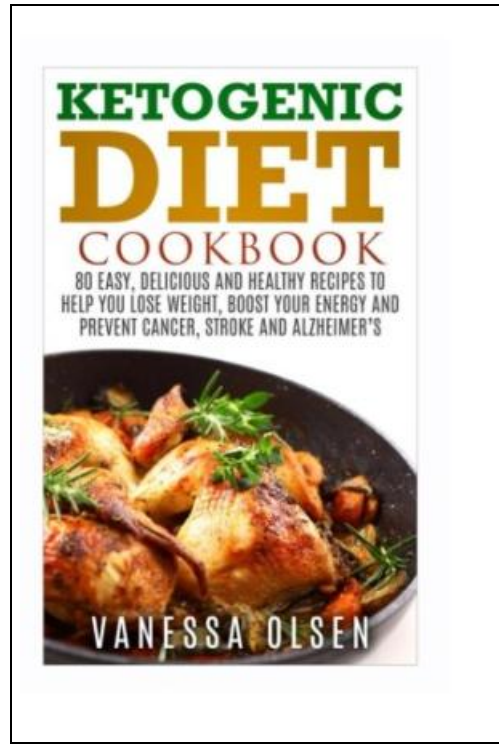


Ketogenic Diet Cookbook: 80 Easy, Delicious, and Healthy Recipes to Help You Lose Weight, Boost Your Energy, and Prevent Cancer, Stroke and Alzheimers



Filesize: 6.29 MB

Reviews

Complete guideline! Its this kind of good read. It can be writter in easy terms rather than difficult to understand. I am delighted to tell you that here is the very best book i have got go through during my very own lifestyle and might be he greatest ebook for at any time.
(Bill Klein)

KETOGENIC DIET COOKBOOK: 80 EASY, DELICIOUS, AND HEALTHY RECIPES TO HELP YOU LOSE WEIGHT, BOOST YOUR ENERGY, AND PREVENT CANCER, STROKE AND ALZHEIMERS



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get PALEO DIET book for FREE when you purchase this book. HEAL YOUR MIND AND BODY WITH THE KETOGENIC DIET COOKBOOK - THE BEST RESOURCE KNOWN TO MAN FOR WEIGHT LOSS AND DISEASE PREVENTION! Rita Wilder was drained from trying to lose the excess weight which had given her a long list of side effects and nasty health conditions over the years. She desperately jumped from diet to diet, to no avail, until one day she stumbled across the ketogenic lifestyle. Never has eating food so creamy, rich, savory, and indulgent resulted in such amazing health benefits. Seriously, when was the last time that indulging in cheese, butter, cream, oil, and bacon did anything good for you? Probably never. until now, that is. The ketogenic diet is truly changing the way people all over the world are thinking of health, and best-selling author Vanessa Olsen captures exactly how you too can reap the many benefits of the diet with her 80 easy-to-make, tried and tested, absolutely mouthwatering dishes. Some features included in this amazing deal are: A brief history on the diet A customizable macronutrient breakdown Benefits and the studies that prove they re legit 12 delicious yet simple recipes for each breakfast, lunch, dinner, and snacks 12 recipes to dip, coat, and dollop your food with 10 dessert recipes to satisfy your sweet tooth 10 keto-friendly cocktails (yes, it really is possible!) Motivational bits to guide you along And much, much more! This is the kind of book you ll want to have on hand every time a stove, oven, or even wooden spoon comes into sight. The recipes range from those you throw...



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