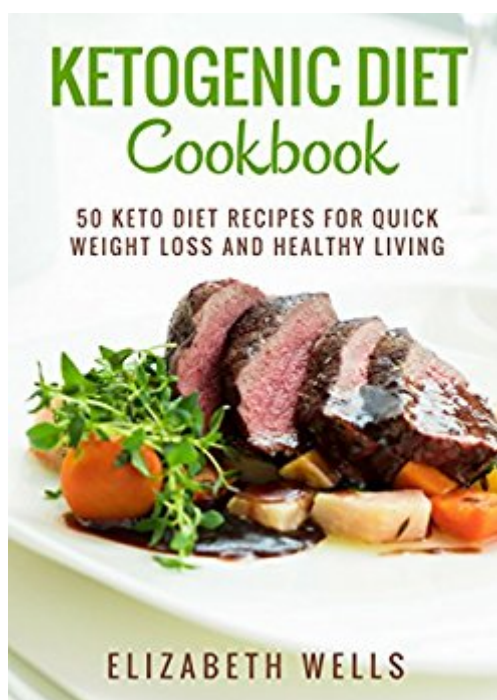


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# Ketogenic Diet Cookbook: 50 Keto Diet Recipes For Quick Weight Loss And Healthy Living



## Synopsis

Would you like to LOSE WEIGHT and FEEL BETTER through the food you eat? Have you already tried every known diet without seeing any results? Are you willing to lose weight and improve your health but don't want to quit eating some of your loved dishes? You've come to the right place. The Ketogenic Diet is a popular dieting program that has been around for decades. The Keto Diet is not another fad regime that promises you everything and delivers you little to nothing! This dieting style has been created by Dr. Russel Wilder back in 1924 and is proven and supported by many scientific studies. It lost popularity when some fad "lose weight quick" diets came out some decades ago. Recently it is being rediscovered and is already acclaimed worldwide. The Keto Diet is well known for being a low carb diet, where the body produces ketones instead of glucose to be used as energy. This will help it burn fats to produce energy without storing them and will drastically reduce the amount of weight you accumulate. "Eating high fat and low carb offers many health, weight loss, physical and mental performance benefits." You don't have to quit eating fats to lose weight. You'll still be able to enjoy food that actually tastes good and makes you happy. In this book you'll learn how the Ketogenic Diet works and how you can start improving your health right now by cooking delicious dishes. These are some of the benefits you'll get: Lose weight naturally and easily Feel well, both mentally and physically Keep your skin younger looking Eat healthy foods you actually like Satisfy your appetite without remaining hungry all day Achieve a lower blood pressure Prevent heart attacks by lowering your triglyceride levels Increase your energy and improve your physical performance Lower your cancer risk And much more Cooking keto is easy, if you follow the right recipes. That's why this book will teach you 50 Keto Diet Recipes that are quick and tasty and will definitely improve your eating habits and your life. Here are some recipes you'll learn: Keto Pizza Rolls Low Carb Mocha Chia Pudding Ketogenic Italian Parmesan Breaded Pork Cutlets Bulletproof Hot Chocolate Pancakes With Cinnamon Keto Chocolate Mousse Low Carb Zucchini Aglio e Olio Swedish Meatballs And much more What are you waiting for? Start eating healthier today! Scroll up to the top and click BUY NOW!

## Book Information

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## Customer Reviews

The Ketogenic Diet is a prevalent abstaining from food program that has been around for a considerable length of time. The Keto Diet is not another trend administration that guarantees you everything and conveys you to nothing! This eating less carbs style has been made by Dr. Russel Wilder in 1924 and is demonstrated and upheld by numerous logical reviews. It lost ubiquity when some craze "shed pounds snappy" eating regimens turned out a few decades back. As of late it is being rediscovered and is as of now acclaimed around the world.

This is a great cookbook on Ketogenic Diet. All of the things, tips and guides that I need to know about Ketogenic Diet are already included and well written inside. Elizabeth Wells has done an incredible awesome job in compiling and creating this book. All the recipes are very healthy, delicious and easy to prepare. This book is really a great resource for those who want to learn more about Ketogenic Diet.

This book has the basics necessary to get started on a ketogenic diet. This is a one great ketogenic diet book that is filled with a lot of good information and insights. This book is very helpful in so many ways and I greatly appreciate the efforts being put in this book.

The Keto Diet is not another fad regime that guarantees you everything and conveys you to nothing!

This will help it consume fats to deliver vitality without putting away them and will definitely decrease the measure of weight you aggregate. The Keto recipes provided in the book are really amazing. The contents of the book satisfied me.

Everything I expected and then some.

This diet is new to me and I find ketogenic diet really interesting, from how it started and how its mechanism in our body. This book gives detailed explanations about ketogenic diet and its side effects. It also gives the benefits of this diet as well. Overall, its a great book thats provides good insights and recipes.

By and by a day ketogenic keep away from sustenance has made its own specific everlasting reputation through incredible working. It is no doubt marvelous choice in keeping a fair physic and continuing with a sound a presence. Ketogenic refrain from nourishment cookbook is decently works in really and essentially decreasing weight so you can breathe a sigh of relief and looks slimmer with sparkling skin.

I am that kind of person who have books on all kind of diets: Paleo, Atkins, Mediterranean, etc. IÃfÃ¢Ã â ÑÃ â,,çve never heard of Ketogenic diet before and this book gave me some inspiration to try. ItÃfÃ¢Ã â ÑÃ â,,çs a very balanced book with enough theory and many cool recipes at the same time.

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