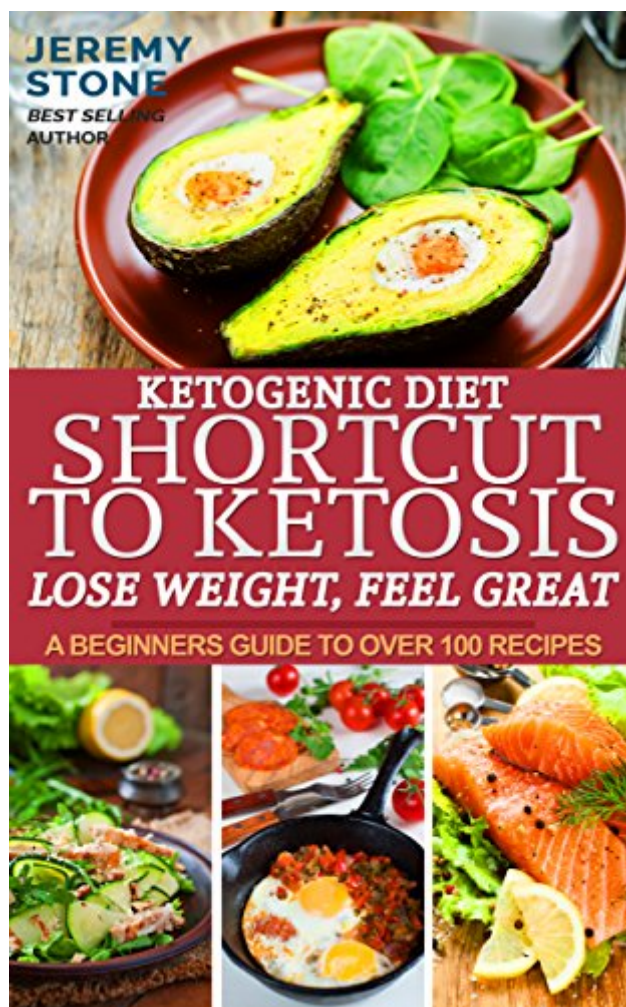


The book was found

Ketogenic Diet: Shortcut To Ketosis - Lose Weight, Feel Great - A Beginners Guide To Over 100 Of The Best Ketogenic Cookbook Recipes With Pictures





Synopsis

Want To Look Great And Feel Amazing Without Feeling Hungry? Want Some Of The Best Ketogenic Recipes With Full Color Pictures? This book could be the answer you're looking for... Shortcut to Ketosis: Lose Weight, Feel Great - A Beginners Guide to Over 100 of The Best Ketogenic Recipes With Pictures n PLUS A BONUS Book - The Top Ketogenic Diet Recipes 2017 Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite. This book is designed to empower you by providing easy to make recipes with pictures to help inspire you on your Ketogenic journey. With Shortcut to Ketosis: Lose Weight, Feel Great you get ... Over 100 Delicious Recipes with Full Nutritional Breakdowns Over 50 Full Color Pictures To Inspire You Recipes for Breakfast, Lunch, Dinner and Snacks Awesome Shortcuts To Help You Lose Weight Quick Cooking And Preparation Times To Find The Quickest And Easiest Recipes Get your copy today! Learn How To Make These Delectable Recipes: Bacon Wrapped Scallops French Toast Pancake Pistachio-Crusted Sundried Tomato Goat Cheese Balls Bacon Bleu Zoodle Salad Cheesy Bacon Wrapped Hot Dogs Stir-Fried Kale with Bacon Tuna-Topped Gazpacho Pistachio-Crusted Salmon Zoodles with Lamb Meatballs Turkey Curry in a Hurry Orange Dijon Chicken Keto-lasagna Ham and Cheese Keto Stromboli Avocado Tuna Melt Bites And much, much more! What are you waiting for? Grab a copy and get started on reaching your goals today!

Book Information

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Customer Reviews

I have been slowly and surely losing weight on the ketogenic diet for a few months now and love the kind of meals i am able to eat daily. This book is a great compliment to the diet and i found it very helpful- containing many tips and pieces of advice to help you along. The book itself includes many nice recipes that I have already tried including Paleo mayonnaise and Tuna burgers.

I've been eating a diet very similar to this for the past year. I definitely agree with how this book says that fats aren't as bad as they are made out to be. Eating the way this book describes I have greatly improved my overall health. This book confirms to me what I've been doing. I highly recommend this book.

Impressive recipes! This is more than just a cookbook! This serves very well as an informative 'introduction' to ketogenic eating along with so much advice on what to eat, how to cook it, as well as sweeteners, and why we gain health eating this way. I've been a ketogenic eater for 16 years... helping others gain health.. so I didn't 'keep' this book.. I gave it to a very dear friend who is also starting to eat ketogenically. Really worth recommending!

This book provides Over 100 Delicious Recipes with Full Nutritional information. Color Pictures of the recipes that really inspired me. it contains Recipes for Breakfast, Lunch, Dinner and Snacks as well. and also this book provides us great Shortcuts To Help us Lose Weight Quick while eating delicious recipes. and also there is Cooking And Preparation Times for each recipe that really helpful us To Find The Quickest And Easiest Recipes. Excited to taste these recipes. AWESOME.

Written very well by a knowledgeable author! As a Nurse and Diabetic educator, this is the diet I teach my students and live myself. Living keto adapted makes one feel a lot better and have more

energy. Buying this book and following it will be the best thing you ever do for yourself. The recipes are all delicious and easy to follow!

what a lovely book, i always wanted to change my diet and feel better, this book was the beginning to it , i started following and cooking the recipes in this book and i already start to feel the change in my body and how i feel, the author even use pictures to illustrate the texts wish is a real plus to the book, i recommend this book to everyone

Liked it very much.....very good recipes

If you want to lose weight and have tried everything, you need to read this book. Jeremy Stone has a quick and easy way of explaining why this lifestyle works. Once you understand it, I recommend you start with his meal plan. After you are a believer, you will definitely be buying his other books.

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