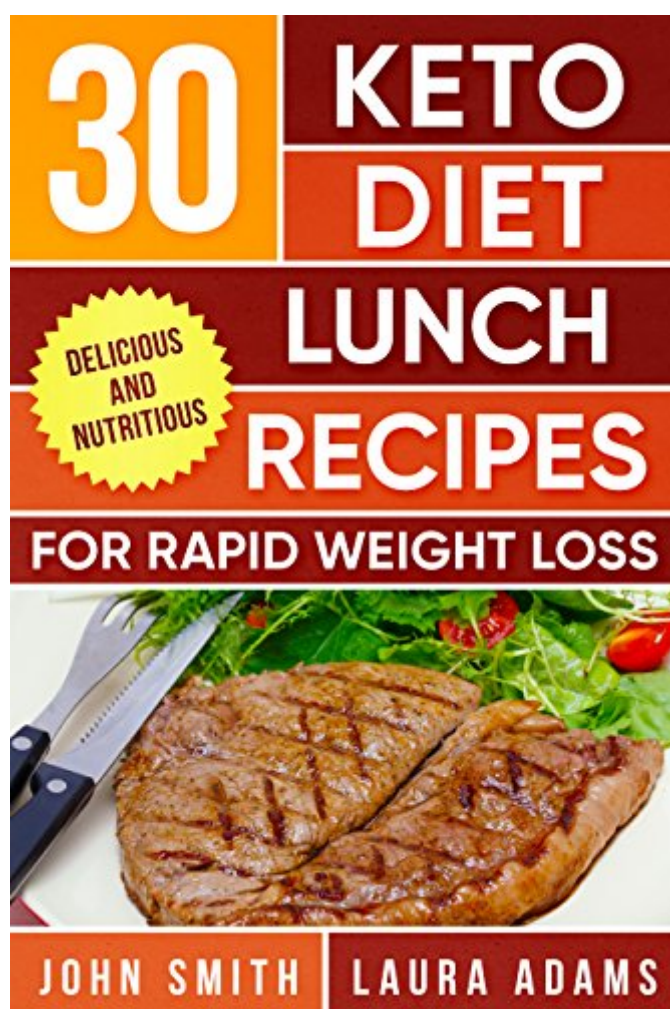


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# Ketogenic Diet: The Ketogenic Diet Cookbook: 30 Ketogenic Diet Lunch Recipes For Rapid Weight Loss And Amazing Energy (Ketogenic Cookbook Series 2)





## 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 Lunch
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. Nutritional Value of Each Recipe
7. Free Gift

**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 book has a wealth of information and gives easy to understand explanations as what is best to put in your body and what to stay away from. Really great book on ketogenic diet for beginners. It contains all the necessary information needed to understand this diet. It discusses the benefits that this diet could give. And it provides a step by step guide how to do it effectively. It also provides recipes that are very easy to prepare and very delicious. This book is really very helpful book.

I should say this is an awesome recipe book for the ketogenic diet. Recipes are very elegant and easy to cook could really solve the problems of cooking ketogenic friendly food everyday all I have to do is make the ingredients ready and create a perfect plan in advance. The author also described taking the mental preparation of following this diet and I think I can do it with this delicious recipes.

Losing weight is not that easy but after reading this ketogenic diet guidebook I've learned a lot of recipes that can help me lose weight and a huge amount of knowledge on how to get started in a diet that can surely give me good results and achieve the body that I desire. I would suggest this book not just for the individuals who need to misfortune weight however for any individual who needs a healthy life.

It is a great book about Ketogenic Diet. This book contains all the necessary information needed to understand this Ketogenic Diet. I think It really great book on Ketogenic Diet for beginners. This book is very helpful and useful book. Highly recommend it.

The ketogenic diet is aimed at causing a shift in the body's utilization away from glucose to fats. It can help our body to burn fats rather than what it is normally used to sugars. The recipes that have been provided in this book are ketogenic diet friendly.

This book has a ketogenic diet friendly which the recipes can be found in your nearest market there is. These recipes are not only easy to cook but taste wonderful too which is great to have in our kitchen as well.

I'm glad to have a copy of this Ketogenic lunch break recipes that fits for healthy lose weight . It has a delightful taste, especially the Seafood Omelette.

It is quite a nice book about Ketogenic Diet. Gives good information about what really ketogenic is and how it works. The recipes are easy to cook and taste good.

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vegan) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Ketogenic Diet For Beginners: 3 Weeks To Rapid Weight Loss, Strongest Energy And Upgrade Your Life - The Step by Step Guide For Beginners - Ketogenic Diet For Weight Loss Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat)

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