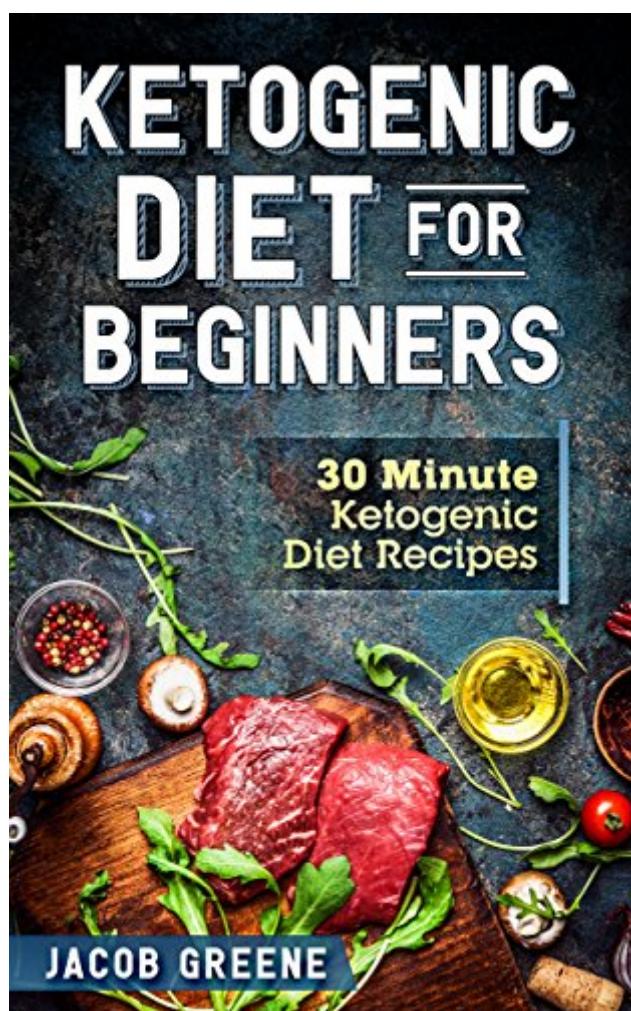


The book was found

Ketogenic Diet For Beginners: 30 Minute Ketogenic Diet Recipes



Synopsis

Ketogenic Diet for Beginners 30 Minute Ketogenic Diet Recipes 100 Super Easy Keto Recipes! Don't be restricted by bland, unappetizing meals! Use fat as your fuel and shed that unwanted weight more efficiently and effectively! Losing weight shouldn't have to be difficult or painstaking, yet most of us would probably admit that one of the biggest problems we have to overcome when losing weight is the temptation to eat unhealthy foods which are high in fat. Traditionally, fats have been seen as the enemy when one is on the journey to lose weight, however, fats are an incredibly important part of what makes up healthy diet. The ketogenic diet converts the body to use fats as its primary fuel source as opposed to carbohydrates - by lowering carbohydrate intake and increasing fat intake, the body reaches a state called **ketosis**, which assists in making one more energetic and allows one to more effectively shed that unwanted weight! In this book, we answer the question "what is the ketogenic diet?" and provide a wealth of breakfast, lunch, dinner and snack recipes: Breakfast recipes: Banana chocolate chip muffinCaveman eggs benedictAsparagus with browned butter and creamy eggsLunch recipes: Cheddar wrapped taco rollsPhilly cheese steak saladThai pork salad with kelp noodlesDinner Recipes: Bacon mushroom cheese burger with lettuce wrapsChops marinated in red pestoSalmon burgers with green mash and lemon butterSnack Recipes: Cheddar cheese and bacon ballsEggplant friesBaked mini bell peppersBuy now and start your keto journey!

Book Information

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Customer Reviews

you've no idea how hard it is to have a special diet plan when you have a busy schedule. this book gives amazing recipes with only 30 minutes. I've tried 11 of them so far, they are very fast, super tasty and healthy!! life saving book!

This is indeed a book for beginners, those who are just following the Ketogenic diet. It has been so generous in giving info that will help anyone who adheres to the diet. I find this a most educational read, in fact, a newbie myself. And the recipe ideas given, all 100 of them, will make sure that sticking to the Ketogenic diet is very possible and an easy thing too.

I found ketogenic diet with my friends, got curious so I search for books about it. This is very useful for me as I am always have to go out eat with family and friends. This book is easy to follow and explains so much about how the body works to burn fat! All in all, amazing book to learn about ketogenic!

Ketogenic diet was a really helpful to all those in diet. but this book was a great book that need to have all in diet. because it gives a lot of recipe that you can prepare quickly and easily. this book was a good to all the beginners like me.

This book has wonderful overview on Ketogenic Diet. It has lots of amazing healthy 30 minute Ketogenic Diet Recipes and super easy Keto Recipes. It's really nice because it helps shed unwanted weight more efficiently and effectively. It's incredibly awesome. Great for beginners in ketogenic diet.

Muchas gracias

This book is easy to follow and explains so much about how the body works to burn fat. Great guide

for beginners, has lots a info, and well researched material to help you reach your goals.Highly recommend to all who wants healthy lifestyle.

Good resource

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