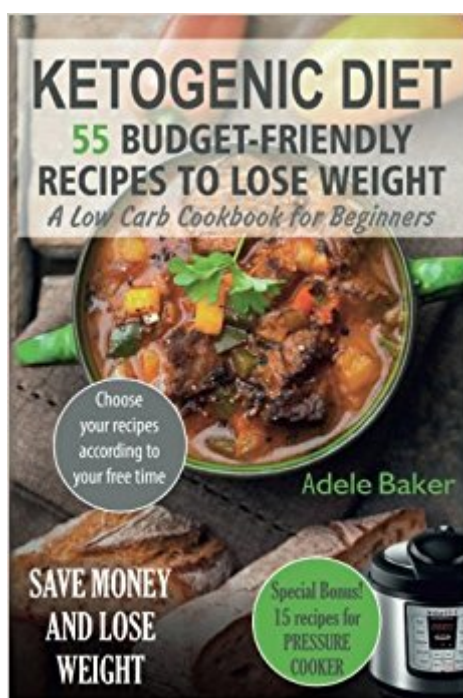


The book was found

Ketogenic Diet: 55 Budget-Friendly Recipes To Lose Weight. A Low Carb Cookbook For Beginners. (Ketogenic Recipes, Ketogenic Cookbook For Weight Loss)



Synopsis

Please note! Two options of the Paperback are available: Full-color edition - up to \$27.00

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the price. Too busy to cook? Choose your recipes according to your free time. Save money and lose

weight with the *Ketogenic Diet: 55 Budget-friendly Recipes to Lose Weight: A Low Carb*

Cookbook for Beginners •, by Adele Baker. A free BONUS will be included with your purchase!!!

Why might you choose the ketogenic diet? Because with it you can enjoy a delicious meal and not tire your body with boring diets. You don't need to starve throughout your life. While creating this

book, I considered hundreds of reviews from ordinary people, trying to understand what they want

from a diet. I have offered two simple concepts that make this cookbook invaluable: Budget-friendly

recipes with simple ingredients Recipes that are grouped according to preparation time As a bonus,

I added a special chapter for pressure cooker owners with 15 additional recipes. No doubt, you will

find this section helpful in your daily life. Using recipes from this keto cookbook, you don't need

to spend a lot of money to prepare delicious meals, and they will be healthy and nutritious. If you

have 5-10 minutes for breakfast and you don't know what to cook, just open this book and

choose a recipe from the list. In this book, I have respected the guidelines of the ketogenic diet.

These guidelines include foods which are low in carbohydrates, low in sodium, and use minimum

sweetening agents. Healthier eating will, therefore, lead to weight loss. Be Smart " Get the Most

from a Ketogenic Lifestyle: Joy of weight loss Body cleansing Prevention of Type II Diabetes

Healthier Brain Just remember! Investment in your health is the best present that you could ever

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Customer Reviews

Adele Baker was born in the shadow of the Blue Ridge mountains. Her father's job relocated the family every few years. At 13, she had experienced many cuisines, from Cajun seafood gumbo, to Swiss cheese fondue, to Mediterranean keftedes (lamb meatballs). Her family prioritized time around the dinner table, and there were usually more people at the table than the original six. She appreciated the close-knit family of her childhood, and valued meals together. Micah and Adele met in college, married, and within two years of graduation, their family had grown. Addie Rae was born in March, and Adele experienced unbounded joy during her daughter's first year. The family hiked the Blue Ridge mountains with Addie Rae tucked into the backpack. They sailed the lakes of northern Michigan, skied and biked the hills of Virginia and hiked the San Jacinto mountains of California. Despite a healthy lifestyle, Adele discovered that the weight gain of pregnancy had not disappeared. She sought a workable diet, and research led her to the ketogenic diet. It fit well with her lifestyle and became a way of life. The pounds melted and Adele's energy increased. The drawback was a sad lack of tasty ketogenic recipes. In time, Adele created many keto-friendly recipes, and was frequently asked to share them. She recorded her recipes for others to enjoy, and that collection is now available to you. She hopes that you enjoy the following keto recipes, and wishes you success with your new way of life.

I realized that the Keto diet is the best way to feel healthier and lose weight that I have found so far. I have lost 15lbs in 5 weeks, by eliminating dairy, flour, processed food, and sugar! I still have about 5 more pounds to go and thanks to this book I will be successful. I like Cookbooks with mouth-watering images and this one is among them. Also, I found very useful that the author

grouped recipes according to cooking time. I'm not doing exercises, however I'm a mom of twins, so moving a lot, looking after them. Yesterday for lunch I had a Bacon, Avocado and Chicken Sandwich and I can say with confidence that this recipe I really liked!

Like this book very much! First half of this book is not about recipes, but about basics of ketogenic diet. It will be useful to all beginners and will help to answer a lot of question. In the second part of this book you can find 55 tasty and easy to made recipes. I already tried some of them. They are easy, but delicious. Directions are very clear.

More than just a recipe book, this cookbook gives a lot of information on the keto diet which seems to be very similar to the Paleo diet which I have been following for the past 6 months. The recipes in this book look great with easy instructions and images. I'm making the black bean and lentil chili right now. The recipes are broken down for the reader to include the ingredients and the preparation method and also presents an image of how the meal could look. Great stuff.

Good book on ketogenic diet. You can enjoy a delicious meal and not tire your body with boring diets. You don't need to starve throughout your life. Recommended!!

Awesome book to learn how to cook ketogenically. Recipes are fabulous and I have enjoyed cooking and eating from this book. The author gives a very extensive guide to what ketogenic living is like.

I have gotten a few Keto Diet books now but this one takes in to consideration my budget! Great budget recipes because others can get pricey.

Invest in your health with this easy to make, budget friendly ketogenic recipes. This helpful guide is full of fabulous food made with simple ingredients. It is a good weight loss book too. Highly recommended if you would like more energy, less hunger or fast effective weight loss

Nice Keto diet book. I like that it is very good structured book, before the recipes I found details and tips about Ketogenic Diet and I think its really great that before recipes you can find out everything you need to know about the diet.

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