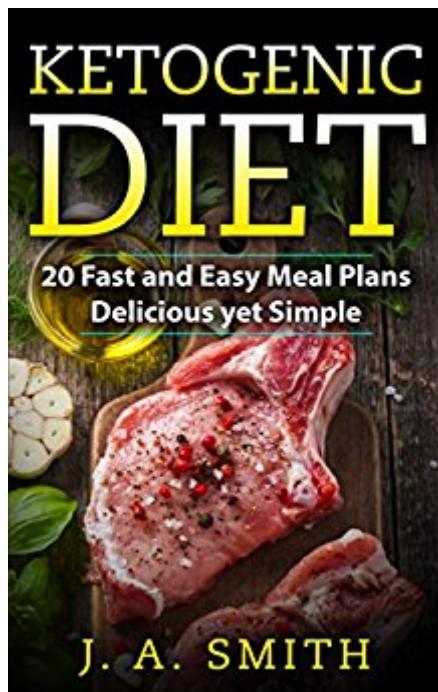


The book was found

Ketogenic Diet: 20 Fast And Easy Meal Plans: Delicious Yet Simple (Keto Diet, Healthy, Cookbook, Food)



Synopsis

Easy To Make Meal Plans For Everyone! Life is busy enough! Why spend hours in the kitchen when you can spend one hour or less from start to finish!? This book contains 20 delicious fast and easy meals to prepare for those of us who have busy lives or just don't like spending too much time in the kitchen. My goal is to provide my readers with this valuable information in hopes that it too can provide you with some fast and easy delicious meal plans. The ketogenic diet has many benefits & it aides in weight loss, maintaining insulin levels and controlling appetite. This book introduces various recipes for your Ketogenic diet plan so that you don't run out of ideas and inspiration. Various Recipes For EveryoneKetogenic Poultry RecipesKetogenic Beef RecipesKetogenic Pork RecipesKetogenic Seafood RecipesKetogenic Meatless RecipesNow only for \$0.99!

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