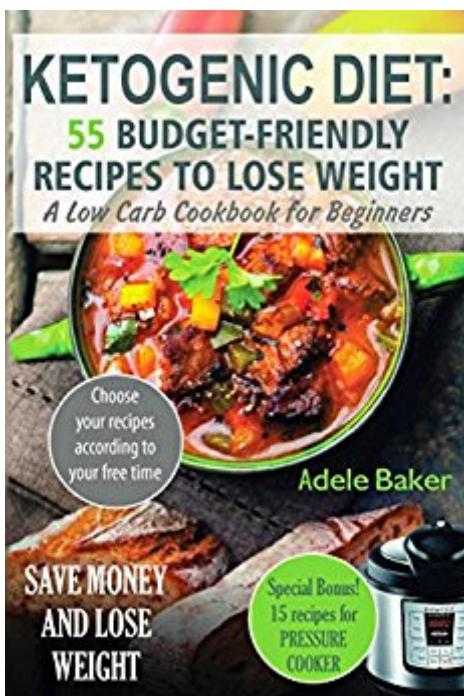


The book was found

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



Synopsis

PLEASE NOTE: You DON'T need a Kindle to buy this book. It's available for immediate reading with your virtual cloud reader.

SPECIAL DISCOUNT PRICING: \$2.99! Regularly priced: \$9.99. 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 make for yourself. Be Happy! Be Healthy! Use these recipes, and start cooking today. As a GIFT, at the end of the book I'll give you a BONUS - FREE Recipes eBook!!!

Please note! Two options of the Paperback are available:

- Full-color edition - up to \$24.99 (approximate price)
- Black and white edition - \$9.99

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Book Information

File Size: 5926 KB

Print Length: 145 pages

Page Numbers Source ISBN: 1544668937

Publisher: Pulsar Publishing Company (March 14, 2017)

Publication Date: March 14, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B06XNTNNKG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #98,855 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

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in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Ketogenic #68 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews

Customer Reviews

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. IÃ¢Â¢Â¢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 donÃ¢Â¢Â¢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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