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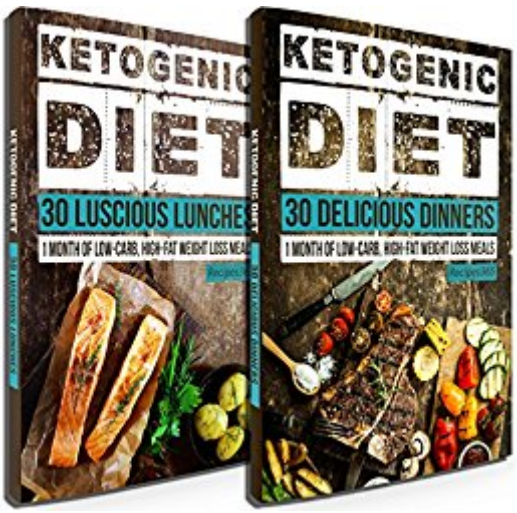

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Synopsis

The #1 Keto Dietâ–º FLASH SALE + FREE GIFT, GET IT FAST! â—„World Class Weight LossWelcome to the world's #1 high-fat, low-carb weight loss diet. The ketogenic diet turns your body into a fat-burning furnace and helps create an optimal state of being.Join millions of others across the globe by ditching fad diets and turning to a proven solution which does not sacrifice taste or enjoyment of eating.60 Easy to Follow Ketogenic RecipesPacked into this book are 60 delicious keto recipes that you will absolutely love. That's a whole month of lunch and dinner!30 Luscious Lunches30 Delicious DinnersNutritional Information IncludedUnlike other cookbooks, our recipes include an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your macros.It's up to you if you want to use this or simply enjoy the meals, but it's nice to know it's there if needed.The ScienceYour body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis.Here your body produces ketones created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones.This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state.Beyond Weight ControlKeto has its origins in treating healthcare conditions such as epilepsy, type 2 diabetes, cardiovascular disease, metabolic syndrome, auto-brewery syndrome and high blood pressure.This diet will take you beyond typical weight control and into a new realm of total body health.Finally, A Diet You Will EnjoyForcing yourself to eat bland, uninspired meals is not a long-term solution to obtaining a healthy body. You will be more likely to relapse or even abandon your diet altogether.This ketogenic cookbook rekindles your love for food, meaning you will look forward to your every meal. When you enjoy what you are eating the results come easy!Free GiftFor a limited time only we are giving away 'Top 10 Ketogenic Diet Mistakes' so you can avoid costly errors and accelerate fat loss.Download now and read on your kindle, tablet, smartphone or computer.Tags: ketogenic cookbook, ketogenic diet, ketogenic recipes, ketogenic diet recipes, keto recipes, keto diet, keto, weight loss, diabetes, epilepsy, LCHF

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Customer Reviews

Getting book bundle is something I always welcome. And if it is about a diet that is effective and popular, all the more that I must put my hands on it. And this book bundle is one of those precious ones. It has 2 books with Ketogenic recipes that will assist anyone starting on this diet or those who are in it already but having issues about the food and meal to prepare. This book set has 30 Luscious Lunches and 30 Delicious Dinners, what more can one ask for?

The importance of ketones in the body is provide energy for your body in absence of carbohydrate in the body and this effectively cranks up the fat burning furnace and puts your body in the right metabolic state. It helps in treating epilepsy, diabetes, cardiovascular disease, metabolic syndrome and also helps in weight control and all these information I got from this book. This book provide lovely recipes to maintain a ketogenic life.

Impressive recipes! The book will act as a guide that will help you work through your diet when you begin. This book includes information for both the general public and the athletes and bodybuilders who perform a lot of exercise. A person who performs a lot of exercise will need to follow a diet that is slightly different since they will need to have a good amount of carbohydrates unlike other diets. Really worth purchasing!

Keto for breakfast is pretty easy and there are quite a few recipes out there for desserts, but I sometimes find it hard to have a great filling keto meal. I was really happy to find this bundle that

has lunch and dinner recipes. I've had a chance to look through it and try a couple of them out. I think the editor did a nice job of arranging the recipes and keeping the pages clean. They were easy to follow. I definitelyâ ‹ recommend the coconut curry, it's fantastic!

This is an easily read first book for getting started with dietary ketosis. I appreciated her openness in communicating mistakes one makes in the pursuit of achieving ketosis. It's a short and easy read and give good insights into this nutritional eating style. The author really does a great job of informing us on the subject of Ketogenic and how to approach this method!! Highly recommend this book who want to weight loss.

A lot of people are surprised to know that how useful a Ketogenic diet is for increasing your energy levels. A Ketogenic diet almost removes any grain based food from your diet which many doctors think are a cause for stiffness and joint pain. Helping with stiffness and joint pain is one of the best side effects of being in a Ketogenic diet plan. The ketogenic diet is also known to help with reducing or normalizing your weight.

Iâ ™m satisfied Ketogenic as part of my diet as I can consume delicious and tasty foods without depriving myself to eat a meat. You can enjoy the recipes inside with a combination of different meats and vegetables. Iâ ™m so excited to try these Keto Peanut Shrimp Curry, Keto Cabbage Rolls with Corned Beef and Asian Spiced Chicken Thighs.

The ketogenic diet is truly changing the way people all over the world into being healthy individual. There are a lot of benefits of this kind of diet plus lots of recipes which are easy-to-make, tried and tested, absolutely mouth-watering dishes youâ ™ll surely love. This book had given me so much information on the history of this diet plus the recipes which is so delicious and easy to prepare.

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