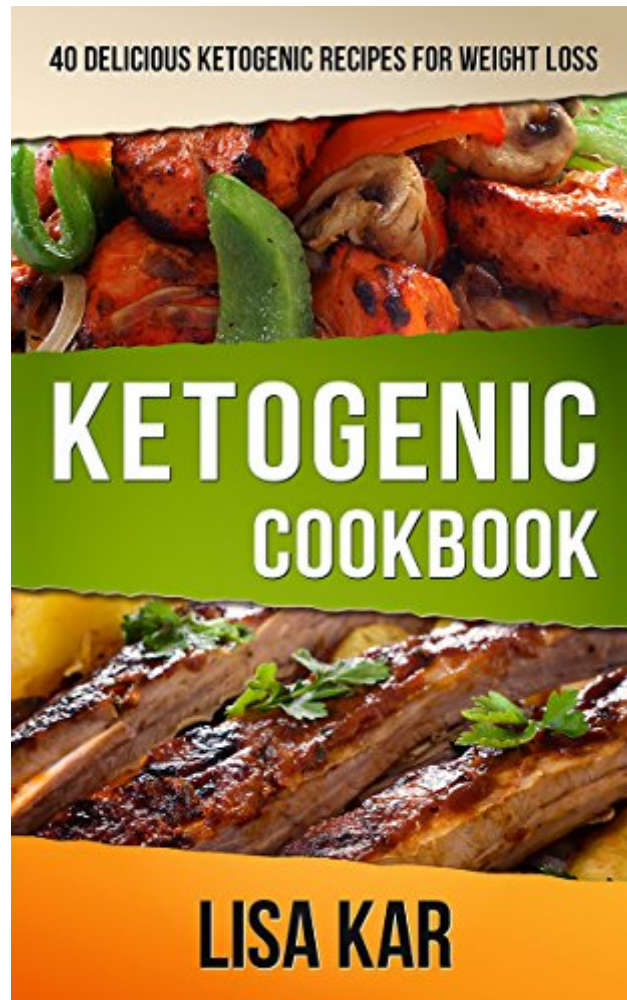




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Ketogenic CookBook: 40 Delicious Ketogenic Recipes



Synopsis

Do You Want to Lose Weight Easy Without Starving? Perfect body and Perfect Mind that's what everyone needs if you are the one who needs a perfect body. Ketogenic diet is for you. If you want to know about Ketogenic diet Recipes and Basic detail about the ketogenic diet, this book is for you. In the recipe book, you will find Ingredient, Method Of Preparation, Picture of the recipes and the Nutrition fact for each recipe. Here is a preview of what you'll learn... Basic Understanding of Ketogenic Diet. 40 delicious ketogenic recipes for Diet.

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Customer Reviews

Amazing book explaining Ketogenic Diets and recipes to lose weight and stay healthy. Being a vegetarian I have always been in a fix as to what to eat while I am on diet to lose weight, this book has some amazing recipe options including dessert recipes which I tried and loved it. I tried the 4 week diet plan and could feel the difference. This book completely explains the complexities, advantages and disadvantages of getting on this diet along with the details of high protein, low carb

and high fat diet. very detail oriented and explanatory book. Scientific explanations on everything and about everything involved gives a great confidence of following this book.

I purchased this book in tandem with Lisa Kar's other Ketogenic cookbook, Ketogenic Diet for Beginners. The information in this book is largely the same as the Ketogenic diet information in the other book, but the additional recipes will help me stay on target without repeating meals for a lot longer. The book is well written with lots of pertinent information and direction. I feel that anyone who reads Lisa Kar's books will be well informed about the diet plan they are practicing. This is an excellent book for anyone who wishes to improve their health by practicing better eating habits all around.JT

I enjoyed reading this book. The information is easy to understand and written in a friendly manner. This book brings good advice on how to adopt a ketogenic diet that will keep you fit. The ketogenic diet has helped me to lose a few pounds and my health has improved. When I started to stick to this diet, I felt good in my body and refreshing. This diet normalizes the metabolism and makes functioning of the body more efficient and correct. It also includes 40 delicious and healthy recipes for breakfast, lunch, dinner, desserts and body cleansing drinks etc. for you to start your ketogenic diet right away.

This is a great book for beginners wanting to know more about healthy ketogenic eating. It's also just a pretty good cookbook for anyone wanting to eat healthy. This books list 40 different recipes for the ketogenic diet. They recipes are easy to follow, not that complicated to follow at all. I find the recipes pretty interesting and fun. I personally am not planning on cooking any of these things in the books, because I am not interested in the ketogenic diet, but anyone who is thinking about going keto, this is a good cookbook to start off with.

I am a big fan of eating and living right, so I was excited to read this cookbook. The beginning of the book outlines the weeks of the diet and then goes into why the diet works and is good for you. It is well reasoned and has facts to back it up. The recipe portion of the book is well laid out into the different meals, and I must say I am excited to begin making them because they sounds very tasty, especially for diet food! It is a very short read that is very informative. Highly recommend this read to anyone wanting to eat more healthy food.

This book provides information first about Ketogenic diet, ketosis , benefits and dishes you can make in practicing this diet. This is a simple, easy to understand beginners guide to ketogenic. Pretty basic introduction for beginners. The author gives a clear list of products that can be eaten freely and completely avoid. Here are different kind of delicious recipe included in this book that will help you in making ketogenic dietary foods. The 40 recipes which is stated are very easy to understood and cook. Will Definitely recommend this book.

The Ketogenic Recipe Book is an awesome way to get one's blood sugar and other vital body systems in check. The book explain in really good detail the week by week process going through the diet. Many of the recipes in the book sound delicious. I want to try them. If you need a diet, go and try this one. It could really help you. Also, try the cleanses. They will help you detox. The lemon detox is a favorite!

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