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Ketogenic Diet TODAY SPECIAL PRICE - 365 Days of Ketogenic Diet Recipes (Limited Time Offer) Over Hundreds of Mouth Watering Ketogenic Diet Recipes with Easy-to-Follow Directions! A Ketogenic diet is a diet which limits your carbohydrate intake, like those that can be found in starchy vegetables, grains and some types of fruits, and emphasizes food high in protein and fat. A Ketogenic diet is generally used for losing weight. Some low-carb diets can have some other, benefits beyond giving you a slimmer figure, for example, reduction of risk factors associated with developing Diabetes and Metabolic syndrome. Keto diet is extremely effective to get lean because it works by resetting the body to start working using fat as fuel in absence of carbs. This cookbook is for those who are trying to gain a slimmer figure and lose weight in a completely safe and natural way. By following the balanced Keto diet, you will be able to look and feel better. Each of 365 recipes listed in this book have been tested and approved by our chef in order to provide you with maximum taste and nutrition and the benefit of a flattering effect on your figure. Following Keto diet is not always easy, however the recipes listed in this cookbook help to make the Keto diet easy and simple to enjoy. Download 365 Ketogenic Diet Recipes Cookbook today, and start enjoying cooking again!

keto

DISCOVER THESE AMAZINGLY DELICIOUS KETO RECIPES FOR EVERY DAY OF THE YEAR! If you want to prepare fast, delicious and healthy and stick with you Keto Diet then this recipe book is for you.... THIS RECIPE BOOK was created for people like you who are busy but still want to follow a Keto Diet. Each recipe follows the Keto diet and can be prepared and cooked with very little time and effort on your part which makes them all perfect for people who hate working over a stove all day. INSIDE THIS RECIPE BOOK you will get recipes covering everything from Breakfast, Stews, Sauces, Main Dishes, Soups and more! You will appreciate the variety and the quality of each recipe. Which one will be your new favorite? You don't have to search through multiple cookbooks trying to find new Keto Recipes. We provide 365 days of Keto recipes to make following the Keto Diet as easy as possible. We also strive to take the boredom out of eating the same foods. In just a matter of minutes you could be creating some amazing meals using the recipes in this book that will help you lose weight and feel great HERE ARE JUST A FEW OF THE AMAZING RECIPES INSIDE THIS BOOK *Keto Cream Cheese Pancakes *Keto Coconut Waffles *Keto Cauliflower Hash Browns *Keto Crock Pot Southwestern Pork Stew *Keto Pumpkin Spiced Soup *Keto Buffalo Chicken Salad *Pulled Adobo Chicken *Keto Strawberry Cake *MUCH MUCH MORE! HERE IS WHAT YOU WILL FIND INSIDE!... *What is the Ketogenic Diet? (Keto Diet) *Why Choose the Ketogenic Diet? *BENEFITS OF A KETO DIET *365 Keto Recipes *Keto Breakfast Recipes *Keto Snacks & Appetizers *Keto Side Dishes *Keto Lunch Recipes *Keto Dinner Recipes *Keto Desserts *Keto Drinks/Smoothies *Free Bonus Gift *Much Much More!

The ketogenic diet is all about nourishing and healing your body with nutrient-dense whole foods, as international bestselling author Maria Emmerich has demonstrated in her previous books, The Ketogenic Cookbook and The 30-Day Ketogenic Cleanse. In Keto Comfort Foods, Emmerich has compiled her most soul-warming, happiness-invoking recipes. The book's 170+ recipes include cinnamon rolls, steak fries, chicken cordon bleu and tiramisu cheesecake. Maria has covered all the bases, giving you the recipes and tips you need to make delicious and healthy versions of your favourite dishes.

175 fast, easy, and delicious meals combining the hottest diet trend—the low-carb, high-fat keto diet—with the latest must-have kitchen appliance—the air fryer. While an appliance that promises a lower-fat cooking method like the air fryer may seem counterintuitive to the high-fat keto diet, you'll be pleasantly surprised to learn that air fryers don't remove fat from foods. Instead, they use the natural fats in the foods to cook them without adding additional fat or oil that comes from traditional frying methods. An air fryer offers a healthy cooking option for keto dieters and is the perfect tool to cook a wide range of keto-friendly foods from steak to tofu, bacon to vegetables, and even desserts. The I Love My Air Fryer Keto Diet Cookbook will introduce you to 175 tasty and easy keto meals you can make with your air fryer. Learn how to make satisfying, whole-food dishes for every meal from breakfast to dinner, appetizers, to side dishes and desserts, and of course, great snacks. With this guide, you'll discover how perfectly the air-fryer fits into your keto diet!

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are new to you. One of these in particular might be the Ketogenic Diet, also known as the Keto Diet, which is a high-fat, low-carbohydrate regimen. The theory behind the high-fat, low-carbohydrate ratio is that the body will rely on fat for energy instead of on carbohydrates, and therefore the body will become more lean as a result of having less fat stored in the body. Ideally, the Keto Diet will allow the body to go into ketosis, or a metabolic state where ketones - which are fats - are burned for energy instead of glucose - the carbohydrates. Those that follow the Keto Diet also consume just the right amount of protein that the body needs on a daily basis. Contrary to some of the other diets that are in existence, the Keto Diet does not focus on counting calories. The focus is instead centered on the fat, carbohydrate, and protein make-up of the food as well as on the weight of the portions. What is the Ketogenic Diet? (Keto Diet) Notwithstanding the wide range of sorts of diets that you have almost certainly caught wind of in your life, there will undoubtedly be a not many that are different to you. One of these specifically may be the Ketogenic Diet, otherwise called the Keto Diet, which is a high-fat, low-carb routine. The hypothesis behind the high-fat, low-starch proportion is that the body will depend on fat for energy rather than on sugars, and along these lines the body will turn out to be more slender because of having less fat put away in the body. Preferably, the Keto Diet will permit the body to go into ketosis, or a metabolic state where ketones - which are fats - are scorched for energy rather than glucose - the starches. Those that follow the Keto Diet additionally burn-through the perfect measure of protein that the body needs consistently. As opposed to a portion of different weight control plans that are in presence, the Keto Diet doesn't zero in on checking calories. The spotlight is rather focused on the fat, sugar, and protein make-up of the food just as on the heaviness of the bits. Download 365 Ketogenic Diet Recipes Cookbook today, and start enjoying cooking again!

Ketogenic Diet: 365 Days of Ketogenic & Anti-Aging Diets (495 Easy to Prepare Keto & Anti-Aging Meals). With over 495 easy-to-follow, delicious low carb recipes and a One Year Meal Plan, this is the only cookbook you will ever need! It is a one-stop shop to the Ketogenic way of life, The Ketogenic Cookbook shows you how to transition to and maintain a whole food-based ketogenic diet with a key focus on practical strategies-and tons of mouthwatering recipes that contains tons of anti-oxidants to prevent skin wrinkling and aging. Accelerated fat loss, powerful anti-aging recipes to turn back the hand of the clock, increase energy levels, mood stabilization, appetite control, improved mental focus and hormonal balance - these are just a few of the profound benefits you will experience when following the advice in this book What you get: Accurate Macronutrient chart of allowed foods Practical tools and guidelines to make your high-fat life a breeze Ketogenic life style One Meal plan that you can follow for 365Days Beginners Guide to loss 30lbs in two months Great recipes for Experienced Keto Dieters Useful Meal Planning to reach your daily goals Keto Crock Pot recipes Recipe categories include: Breakfasts Poultry Seafood Meat Soups & Stews Desserts & Sweet Fat bombs Savoury Snacks Smoothies WHAT ARE YOU WAITING FOR? SCROLL UP AND BUY THIS BOOK TO START HAVING A KETO AND ANTI-AGING EXPERIENCE. Tags: ketogenic diet, ketogenic crock pot recipes, anti-aging ketogenic diets, ketogenic guide for beginners, ketogenic instant pot, ketogenic diet 365 days, ketogenic diet plan, vegan ketogenic diet, anti-aging diet plan, anti-aging diets, best anti-aging diets, keto diet.

Ketogenic Diet: 365 Days of Ketogenic & Anti-Aging Diets (495 Easy to Prepare Keto & Anti-Aging Meals). Vol.2 With over 495 easy-to-follow, delicious low carb recipes and a One Year Meal Plan, this is the only cookbook you will ever need! It is a one-stop shop to the Ketogenic way of life, The Ketogenic Cookbook shows you how to transition to and maintain a whole food-based ketogenic diet with a key focus on practical strategies-and tons of mouthwatering recipes that contains tons of anti-oxidants to prevent skin wrinkling and aging. Accelerated fat loss, powerful anti-aging recipes to turn back the hand of the clock, increase energy levels, mood stabilization, appetite control, improved mental focus and hormonal balance - these are just a few of the profound benefits you will experience when following the advice in this book What you get: Accurate Macronutrient chart of allowed foods Practical tools and guidelines to make your high-fat life a breeze Ketogenic life style One Meal plan that you can follow for 365Days Beginners Guide to loss 30lbs in two months Great recipes for Experienced Keto Dieters Useful Meal Planning to reach your daily goals Keto Crock Pot recipes Recipe categories include: Soups Beef Pork Soups & Stews Desserts & Sweet Fat bombs Savory low carb Snacks Low Carb Smoothies WHAT ARE YOU WAITING FOR? SCROLL UP AND BUY THIS BOOK TO START HAVING A KETO AND ANTI-AGING EXPERIENCE. Tags: ketogenic diet, ketogenic crock pot recipes, anti-aging ketogenic diets, ketogenic guide for beginners, ketogenic instant pot, ketogenic diet 365 days, ketogenic diet plan, vegan ketogenic diet, anti-aging diet plan, anti-aging diets, best anti-aging diets, ketogenic diet for weight loss, keto bombs, ketogenic meals.

★ 55% OFF For Bookstores! Discounted Retail Price NOW at \$25,79 Instead of \$34,98! ★ Do you find it difficult to start the Keto journey on your own? Do you want to enjoy tasty food without feeling hungry or unmotivated? Your Customers Will Never Stop To Use This Awesome Book! The Complete Keto Cookbook with 57 Effortless Recipes! The ketogenic diet might be hard at the beginning, but this book will make it easy and simple for you as a keto diet beginner! The Keto Diet is great for "one size fits all" approach and allows you an easy adaptation to your specific needs. This keto cookbook provides the means to empower everyone to develop a customizable approach plan, offering many options while dealing with the limitations of the standard ketogenic diet. And all that without sacrificing on Taste or Quality!! All of these 57 recipes are made with simple, basic ingredients and taste amazing. The recipes in this book are designed to be simple and nutritious so you can spend less time in the kitchen, while cooking great meals. This book includes: Chocolate Pudding Coffee Cream Berry Cream Avocado Cream Strawberry Stew Almond Berries Mix Plum Cream Chocolate Cookies Special Dessert

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Coconut and Mint Cookies Avocado Bars Mug Cake Lemon Custard Coconut Ice Cream Simple Macaroons Coconut And Strawberry Delight Cookie Dough Balls Ricotta Mousse Tasty Pumpkin Delicious Tiramisu Pudding and More! This complete Keto book will take care of your scarce cooking time, increase your desire and comittment to the Keto lifestly and show you the easiest & tastiest way towards a sustainable weight-loss and a better life while being on the keto. Give yourselves the best present and start enjoying life again! Buy it NOW and let your costumers get addicted to this amazing book

A female-centric keto diet and jumpstart plan from the New York Times bestselling author of Glow15. Have you tried going keto and found that it has made you feel worse rather than better? Does keto seem to make sense in so many ways yet seem just slightly off in several key ones? What if it's not just you? What if traditional keto diet simply fails to encompass the needs of the female body? Naomi Whittel, the New York Times best-selling author of Glow15, explores how the problem isn't keto, it's fiber. Ninety percent of women are fiber deficient, and when women go the standard keto route, they often lean into animal-based, high-fat, zero-fiber foods, leading to low energy, brain fog, and unnecessary weight gain. Whittel explores the prebiotic fiber sources that work within a keto framework to speed up your metabolism, transform your microbiome, balance your hormones, and keep you feeling full. Included are a 22-day meal plan, movement plan, and delicious, easy-to-make recipes.

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