

## Ketogenic Breakfasts: Top 60 Quick Easy Ketogenic Breakfast and Brunch Recipes for Rapid Weight Loss (Paperback)



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### **Reviews**




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(Roosevelt Rohan)*

## KETOGENIC BREAKFASTS: TOP 60 QUICK EASY KETOGENIC BREAKFAST AND BRUNCH RECIPES FOR RAPID WEIGHT LOSS (PAPERBACK)



To download **Ketogenic Breakfasts: Top 60 Quick Easy Ketogenic Breakfast and Brunch Recipes for Rapid Weight Loss (Paperback)** PDF, make sure you follow the hyperlink beneath and save the ebook or gain access to additional information that are in conjunction with **KETOGENIC BREAKFASTS: TOP 60 QUICK EASY KETOGENIC BREAKFAST AND BRUNCH RECIPES FOR RAPID WEIGHT LOSS (PAPERBACK)** ebook.

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If Quick Easy Ketogenic Breakfast and Brunch Recipes are What You Seek, then Look No Further. Your Keto Breakfast is the MOST important meal of the day! Why you ask? A Low Carb Ketogenic Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus on whatever it is most important to you. In this book you will find 24 Breakfast recipes, 23 Brunches and 13 \*BONUS Smoothie recipes for when you are really on the go! Ketogenic Breakfast recipes seem to be stumbling block for many people starting a Ketogenic diet, as most are rushed and have a limited amount of time in the morning. Finally, a quick easy way to get your quota of Healthy Fat in the morning without the extra time and effort! Some of the Profound Benefits You will Experience when consuming these Ketogenic Recipes: Accelerated Fat Loss Increase Energy Levels Vitality Appetite Control Improved Mental Focus Lower Blood Sugar Cholesterol Hormonal Balance This Book is split up into Three Sections sections: The First covers Super Quick Easy Ketogenic Breakfast Recipes The Second contains Sumptuous Brunch Recipes The Third contains On-The-Go Ketogenic Smoothie Recipes These Ketogenic Breakfast Recipes book are like no other on the market, and careful attention has gone into pairing the simple yet intricate flavors while keeping them in the Guidelines of the Diet. Here Is A Preview Of The Easy-to-Prepare Recipes you will find in this book: Pumpkin Flaxseed Muffins Baked Ham and Kale Scrambled Eggs Bell Pepper and Ham Omelette Chia Flour Pancakes Choco Moko Chia Porridge Coffee Flaxseed Dream Crimini Mushroom with Boiled Eggs Breakfast Egg Whites and Spinach Omelet Fast Protein and Peanut-Butter Pancakes Guacamole Bacon...

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