



Ketogenic Diet Cookbook: The Comprehensive Guide to the Ketogenic Diet - Includes 299 Delicious Healthy Recipes for Beginners (Paperback)

By Nick Marino

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover The Comprehensive Guide to The Ketogenic Diet - Includes 299 Delicious Healthy Recipes For Beginners! Inside this book we will be talking about the world s most powerful diet that is both low carb as well as high fat! There are tremendous benefits with you going completely keto with your lifestyle but for those reading this who may not be as familiar with this, below we will be briefly providing a crash course guide before jumping right into the delicious recipes you can cook! The ketogenic diet will transform you and truly bring you into a world of possibilities for the kind of results that will change your health forever. Great thing with this diet is it manages to achieve the desired goal of looking the absolute best you can whilst eating foods that are not only conducive to your health and weight goals but also taste delicious. This book contains proven steps and strategies to begin cooking delicious and healthy recipes and start living the keto lifestyle In This Book You Will Discover: iThe Ketogenic Diet for Beginners iHow The...



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