

Keto Desserts: Keto Desserts Recipes Cookbook, Keto Slow Cooker Cookbook (Paperback)



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.

(Prof. Loyce Runolfsson Jr.)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you done with cookbooks that are not really Keto, contain recipes with too many carbs and more protein than fat?! Then this Ketogenic bundle offer is for you!! All original recipes have really high fat and way less than 10 gr of net carbs per serving! This offer includes 2 books: Book1: KETO DESSERTS RECIPES A year of sweet treats for ketogenic low carb diets (with nutritional value calculations per recipe) (Ketosis cookbook) All week you work hard at your job, you go to the gym, you eat your Keto diet, you stay on track, and you do your best. But do you ever feel like indulging yourself a bit? Do you ever feel like giving yourself a special treat that will not completely throw you off track with your eating plan? Well, this book is for you. The aim of anyone choosing a specific eating regime, should be overall that of enhancing his/her health. I think that the most difficult part of any diet lies in coupling healthy choices with your actual needs for psychological/physical gratification and satisfaction. It does not have to be an everyday thing. Just stay on track and then really celebrate the moment, let s say once a week, with one of these fabulous, indulgent Keto dessert recipes -Ketoessentials: the essential equipment to become a real ketochef -Getting to know the ingredients of the Keto dessert Chef: Sweeteners -Getting to know the ingredients of the Keto dessert chef: Flours -Fat bomb recipes -Keto cake recipes -Keto chocolate recipes -Keto mousses cream recipes -Keto ice creams -Keto traditional festivity recipes -Nutrition facts of the Keto dessert chef s main ingredients.each recipe is detailed with nutrition values and...



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