

The book was found

# **Ketogenic Cookbook:56 The Best Recipes For Rapid Weight Loss, Quick & Easy Recipes Ketogenic Diet, Delicious Soups, Snacks And Smoothies For Ketogenic ... You And Your Family (Healthy Lifestyle 2)**

Janet Franz

## **56 THE BEST RECIPES**

FOR RAPID WEIGHT LOSS, QUICK & EASY RECIPES KETOGENIC DIET, DELICIOUS SOUPS, SNACKS AND SMOOTHIES FOR KETOGENIC DIET , EXCELLENT COOKBOOK FOR YOU AND YOUR FAMILY

## **KETOGENIC COOKBOOK**





## Synopsis

+FREE Book Inside "Meal Plan & Principles of Ketogenic Diet" This keto cookbook has delicious and simple Ketogenic recipes. These recipes are healthy for everyone to improve your health. There are 56 recipes, from the ketogenic diet book, and each recipe requires healthy ingredients. These ingredients are readily available in the market. It will be good to purchase fresh vegetables to prepare delicious and healthy meals. All recipes for ketogenic diet are available with:- cooking time;- servings;- ingredients;- complete instructions;- nutritional value;- image of the final product. These 56 recipes will help you to construct your keto diet meal plan. This best ketogenic diet book has step-by-step diet food recipes that are easy to follow and delicious to eat. Our keto diet recipe book tells you about essentials of ketogenic cooking. If you want to cook healthy for your family members, you can follow ketogenic recipes given in this best book for ketogenic diet. 56 Ketogenic recipes will make it easy for you to throw a good party and prepare keto snacks or some dishes for your guests. After reading this ketogenic diet cookbook, you will be able to prepare 56 healthy meals. We guarantee that these meals prove helpful to reduce weight and improve your health. You will surely get positive results.

## Book Information

File Size: 3839 KB

Print Length: 124 pages

Page Numbers Source ISBN: 1539379280

Publication Date: September 19, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LYVQI80

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #644,066 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > U.S.

Regional > Soul Food #134 in Books > Cookbooks, Food & Wine > Regional & International >

## Customer Reviews

I downloaded this book during the free distribution of .I am on a ketogenic diet for almost a year. I liked mostly in this book is that the recipes are very low in total carbs not just net carbs and there are no recipes with almond flour. Great recipes! You do not need to follow a ketogenic diet to use these recipes. They are great compliment to the low carb, high fat diet as well as anyone who wants to prepare their foods from scratch as opposed to buying them pre-packaged. I love this book and consider it a great resource for eating keto.

I really think I will try almost every recipe in this book, they all look really good! There are a variety of different recipes, main dishes, sides, breakfasts, lunch ideas, smoothies, desserts, even a recipe of chocolate milk lol. The one I plan to try immediately is the tuna salad with no mayonnaise. I have always loved tuna but hated mayonnaise so I got excited when I saw this idea. Also I appreciated that the nutrition info was listed for every recipe, don't find that in many recipe books.

I will be trying these recipes, I tried the cauliflower hash Brown's and they were yummy. The next on the list I'm going to try is, all the Sweet's. Can't wait till the first of the year to make all them for up coming birthday's and other Holiday's. So if you are looking for recipe's for weight lose or just for something new to make for the cold weather. Its all in this book. Great job on this cookbook..

Often you buy a book of recipes and they are not tasty. This book includes good and delicious recipes. I have prepared keto pizza frittata , low carb fruit salad with vanilla dressing , fat bomb smoothie and fried chicken breast . I recommend you try. I liked it that each recipe has calorie content, fat, protein and carbohydrates.

Nice book. The ketogenic diet is the right diet that works for me. It has helped me not only lose weight but have increase energy levels as well. In this book you will know and learn different kind of recipes that are good for burning fats and keeping our body healthy. Some are simple, others are complex. The variety is amazing.

I really love cooking. But I don't want the weight of my body increase. This book opened me

the world of delicious food that facilitates to weight loss. I tried several recipes and the one I liked most of all was keto pizza. I do recommend this cookbook,

I'm not very admire diets but I love a tasty meal. I was cooking the soups of this book and they are delicious. I liked special Italian fish soup and rainbow soup. I do not know whether these soups are dietary but I know exactly what they are delicious.

This is an amazing book. I was hoping to get a few worthwhile recipes and instead got many helpful and awesome recipes. This book is changing my life. Thank you...

[Download to continue reading...](#)

Ketogenic Cookbook:56 The Best Recipes for Rapid Weight Loss, Quick & Easy Recipes Ketogenic Diet, Delicious Soups, Snacks and Smoothies for Ketogenic ... You and Your Family (Healthy lifestyle 2) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included

(Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide for Rapid Weight Loss and Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1) Ketogenic Diet: The Ketogenic Diet Cookbook: 30 Ketogenic Diet Lunch Recipes For Rapid Weight Loss And Amazing Energy (Ketogenic Cookbook Series 2) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Ketogenic Diet: The Ketogenic Diet Cookbook: 75+ Delicious and Healthy Recipes for Rapid Weight Loss and Amazing Energy (Ketogenic Cookbook, Free Bonus Book 1) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) The Ketogenic Vegetarian Diet Cookbook: Insanely Delicious & Easy Ketogenic Diet Vegetarian Recipes for Health & Weight Loss

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)