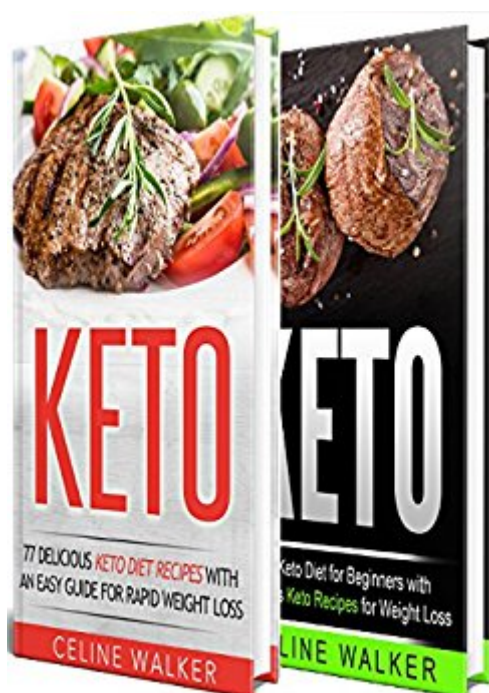


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Keto: 130 Delicious Keto Diet Recipes With An Easy Guide For Rapid Weight Loss



Synopsis

2 Comprehensive Keto Manuscripts in 1 book: Keto: 77 Delicious Keto Diet Recipes with an Easy Guide for Rapid Weight Loss Keto: The Keto Diet For Beginners With Delicious Keto Recipes For Weight Loss Discover a Diet That can Really Help You Lose Weight without Having To Alienate Yourself from others Because of Your "Special Diet" • This book contains delightful keto diet recipes that will help you achieve the body and the state of health that you desire and deserve. The secret to any reducing diet is your ability to stick with it in the long run. One of the reasons why many diets fail and why many dieters are prone to "cheating" is because of the unnecessary deprivation required by most weight loss diets. Another reason is that they are almost impossible to fit into one's lifestyle. Usually, it requires more time, money, and effort from you to produce a meal that's only half as good-tasting as your good ol' grub. In some cases, you have to alienate yourself from others because of your "special diet". 77 Recipes Which Will Prove that Staying Fit doesn't mean Having to Sacrifice your Gustatory Pleasure This is where the keto diet differs. In this book, you'll find out how and why the keto diet can really help you lose weight. Within these pages, you'll find 77 recipes which will prove that staying fit doesn't mean having to sacrifice your gustatory pleasure. The recipes are organized according to main dishes, breakfast food, snacks, and dessert. These are the products of careful research and extensive epicurean explorations. Nevertheless, these recipes are quick and easy to make with ingredients that can be easily acquired. No need to go hunting at special food stores or to slave away at the kitchen. You are what you eat. The keto diet is all about real food for real people who aspire for a real sense of wellbeing. Read on and you'll realize that all it takes to be fit are fresh organic ingredients, some careful advanced planning, and a lot of love for yourself. In the first manuscript, you'll find the answers to these questions and more. Just some of the questions and topics covered include The Keto Lifestyle Starting the Day Right: the Keto Breakfast Meaty Meals: the Keto Lunch and Dinner Substantial Snacks: the Keto Nibbles Easy Guide for Rapid Weight Loss 77 Delicious Keto Diet Recipes And much more! Keto Diet In this book, you will learn more about the Keto diet and how it works to help you lose weight. You will also learn how to manage and create your own meals by learning the proper nutritional proportion to maximize the effects of this diet. Also included in this book are delicious recipes for breakfast, lunch, and dinner that you can use to start your healthier food lifestyle. In this manuscript you'll find the answers to these questions and more. Just some of the questions and topics covered include What is the Keto Diet? Keto Basics for Beginners Food Consumption for Optimum Weight Loss What should I eat? 53 Ketogenic Recipes to Begin Your

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Customer Reviews

This book has a wonderful start about keto recipes, there are also given benefits which really attracted me to purchase this book. Keto diets are very good for health. And I always try to do provide those foods which are good for health for my family. I have tried some recipes and these are really very tasty still I am trying. Each recipe is given with full detail and very easy to cook. Would highly recommend this book!

This is a lengthy cookbook with two books combined into one. In this book you will find out how and why the keto diet can actually help you to lose weight. Moreover, with all the ingredients that can be easily find, you will surely achieve your fitness goals!

In the first book of recipes, it listed acceptable veggies but never mentioned cauliflower. Also no carb counts for the recipes in first book.

i'm new in keto, so i thought having a glimpse of the meals the said diet recommends will be a good idea. makes me know if i can really stick to it for long time until i get effective results. turns out this is a 2-in-1 book and offers a lot of variations. so, of course, the dishes aren't what i used to think as bland. found many meal recipes that looks inviting to me.

My friend lend me a copy of this and I was amazed that this book contains a lot of delicious keto recipes that can helps me burn fat. I enjoy reading this book and I'm now sharing it with my family so we can all have healthy body.

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