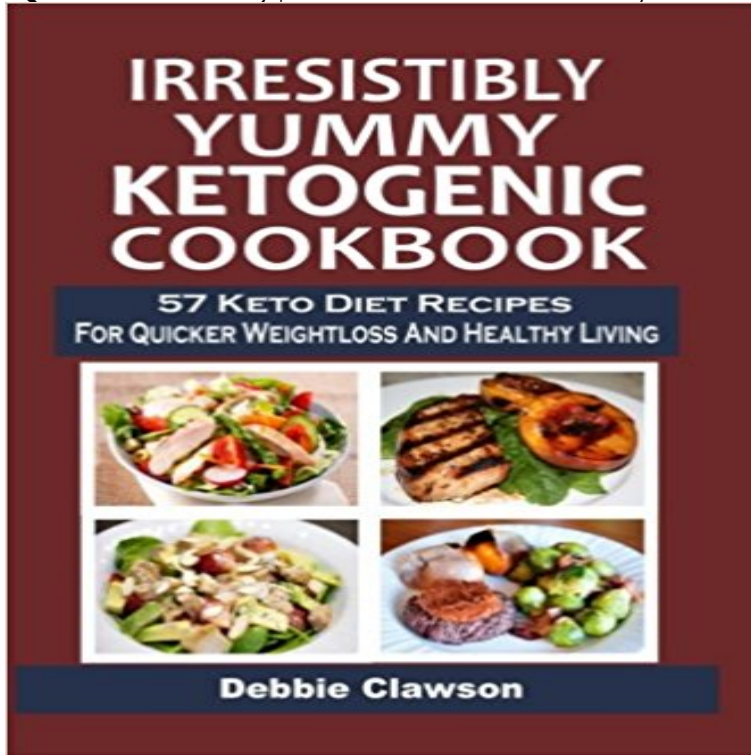


# Irresistibly Yummy Ketogenic Cookbook: 57 Keto Diet Recipes For Quicker Weightloss And Healthy Living



Its All About Keto! The ketogenic diet works! It is scientifically and medically proven to help with weight loss and improve overall health. Simply by reducing your carb intake, increasing fat with a moderate amount of protein, you are on your way to experience this life changing diet plan that will leave you in enviable health! This is where this book comes in. With specially selected delicious and mouth-watering recipes that you cannot resist, the juicy recipes in this book will definitely eliminate boredom and leave you delightfully satisfied. This book offers: 57 irresistibly yummy keto recipes for breakfast, lunch and dinner Detailed information on the Ketogenic diet plan for beginners Step- by step preparatory instructions on each dish Nutritional value of each recipe Number of servings Diverse recipes such as soups, pizzas, casseroles, desserts And so much more Once you eat the recipes in this book, your body will go into ketosis in a short while and you will have a slim and healthy body.

A few of the mouthwatering ketogenic breakfast recipes are: Chia Sunrise Custard Super Egg Salad Hi-Fiber Coconut Coffee The lunch recipes that will make you proud of the keto diet include: Grilled Cheese Sandwich Avocado Chicken Casserole Basil Fresh Bell Pepper Pizza Dinner Recipes that will leave you wanting more include: Asian Crockpot Pork Hock Zesty Pepperoni Pizza Pork Kabobs In Sunflower Butter Now Go Ahead And Order Your Copy Now!

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