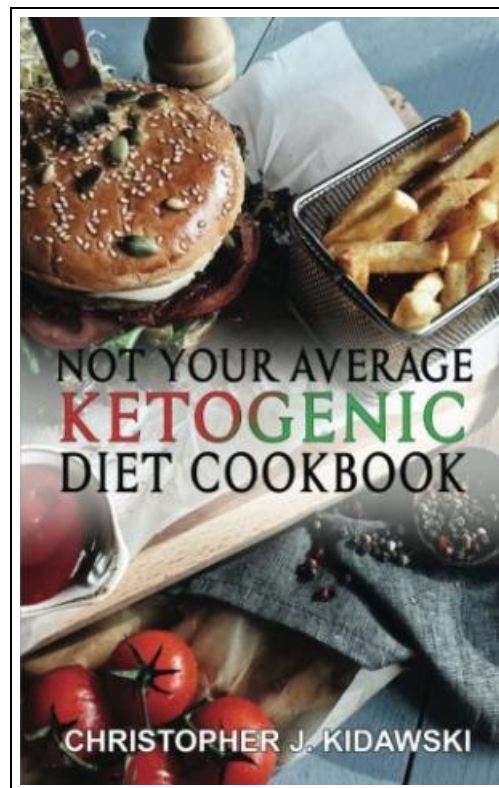


## Not Your Average Ketogenic Diet Cookbook: 100 Delicious (Mostly) Healthy Lectin-Free Keto Recipes! (Paperback)



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Influential Health Solutions, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Want To Enjoy Crazy Delicious Ketogenic Diet Recipes That Are A Little On The Naughty Side While Reducing Food Sensitivities And Food Allergies? Look No Further for this is Not Your Average Ketogenic Cookbook! The true essence of a Ketogenic diet is the use of healthy fats, not high protein! In this book Author Christopher J. Kidawski has taken the principles outlined in his best-selling book The Death of Dieting and applied them to an easy to follow recipe guide balancing out your omega fat ratios so you can do more eating and less thinking! What makes this book different? -Recipes are created in a way to allow less protein, and more healthy fats. -You will eat more fat during the day to keep you satiated longer. -You will eat leaner protein at night to help repair and rebuild muscle tissue. -Great care has been taken to eliminate almost all lectin-containing foods (those that have not are labeled). -All recipes contain grass-fed beef, pasture raised chicken, or wild caught fish. You are seconds away from enjoying these Ketogenic Diet Recipes: -Legendary Bacon and Spinach -Onion and Cheese Quiche -Scrambled Eggs With Avocado, Bacon, and Sour Cream -Keto Irish Beef Stew -Grass-Fed Lamb and Broccoli Cheese Soup -Cauliflower Mac Cheese -Mind-Blowing Meatballs -Pasture Raised Chicken Stew -Coconut Almond Crusted Tilapia -Golden Coconut smoothie -Anti-Inflammatory Spice Smoothie -Raspberry Macadamia Nut Smoothie Bonus: Included are two insanely tasty bonus recipes - a homemade mayo, and Chris favorite: The Loco Moco! Click Buy Now in the upper right hand corner to get your copy today!!!.



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