



Ketogenic Diet: 150+ Low-Carb, Rapid Fat Loss Keto Recipes Desserts You Can Try at Home! (Burn Fat, Lose Weight, Ketogenic Recipes, Ketogenic Cookbook, Ketogenic Fat Bombs) (Paperback)

By Kevin Moore

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Looking For Healthy Delicious Keto Recipes You Can Make At Home? Tired of Feeling Lethargic Out Of Shape? I ve Included 150+ Recipes That Can Change Your Life Forever! Get Healthier Starting Today! You no longer need to starve yourself while you re dieting. The great thing about following a ketogenic diet is you never get that hungry feeling that is byproduct of most -normal- diets. You no longer need to equate the idea of dieting with feeling bad. A keto diet is designed not only to help you safely lose weight, it will allow you to lower your cholesterol, blood pressure, and blood sugar. It will boost your mental clarity and shoot your energy levels through the roof. This book will also give you 150+ ketogenic recipes covering everything from breakfast to dessert. Inside You ll Learn: 30+ Ketogenic Diet Breakfast Recipes30+ Ketogenic Diet Lunch Recipes30+ Ketogenic Diet Dinner Recipes30+ Ketogenic Diet Sides, Soups, Snacks Recipes20+ Ketogenic Diet Dessert RecipesI believe this recipe book will give you a taste of everything the keto diet can offer. Taking that first...



READ ONLINE
[2.1 MB]

Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e ebook. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- Mark Bernier