

Ketogenic Bread Cookbook: Complete Guide to Easy Low Carb Baking for Keto Dieters (Paperback)



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Reviews

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(Jaclyn Johns DDS)

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Haf Media Inc., 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Kindle MatchBook: Get the Kindle Edition FREE when you purchase the paperback edition today! The ketogenic diet is widely acknowledged to be among the very best in the world for losing fat rapidly and promoting optimal health. Many people associate keto with giving up bread, buns, rolls, and so many of their favorite meals. But you don't have to stop enjoying hamburgers, hotdogs, sandwiches, or even delicious baked goods like muffins and cakes. Enjoy dozens of amazing keto bread recipes in this book, all with less than 7g of Net Carbs per serving! The only way the ketogenic diet can be a viable way to live for the long-term is if you actually enjoy the food you are eating. So don't torture yourself by giving up all your favorite foods because that is a surefire way to fail at keto! Make it easy on yourself by grabbing this cookbook and enjoying dozens of amazing baked goods that are fully ketogenic and that you can make tonight in your own kitchen! From comforting classics like a simple loaf of keto bread, to innovative keto breadsticks and cakes that are still a breeze to make at home, you are guaranteed to enjoy this complete guide to living the keto lifestyle without sacrificing all of your favorite baked goods. This book empowers you to become a true master of the principles that make the ketogenic diet so effective. You'll know exactly what to eat to stay in ketosis, and what the risks and pitfalls are along your ketogenic journey so you can optimize your efforts and ensure you achieve your health and weight loss goals, all while enjoying your homemade fresh baked...



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