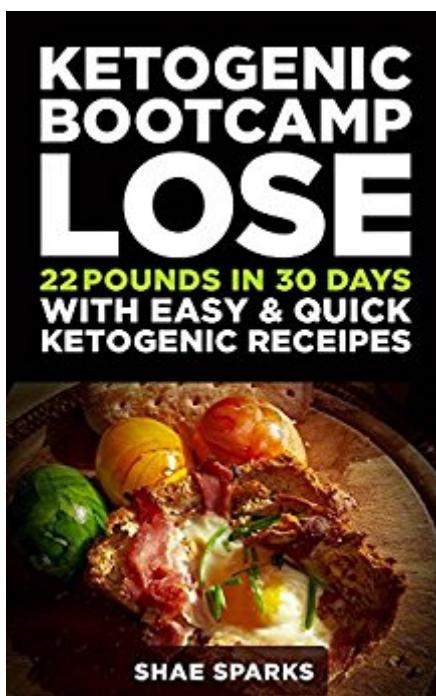


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# **Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds In 30 Days With Easy & Quick Ketogenic Recipes (diabetes, Diabetes Diet, Paleo, Paleo ... Carb, Low Carb Diet, Weight Loss Book 1)**



## Synopsis

KETOGENIC BOOTCAMPâ ªHave you heard about the ketogenic diet, but youâ ªve thought you donâ ªt have time for it?Well, think again! You always have time to make a healthy, positive change in your diet, and these recipes that take less than ten minutes to cook will prove that to you!In this book, you will find recipes such as:Breakfast TacosJalapeno Cheddar WafflesBacon Cheddar Chive OmeletPumpkin Spice LatteBlueberry Banana Bread ShakeBlackberry Chocolate ShakeCinnamon Roll OatmealSpinach, Onion, and Goat Cheese OmeletSpinach Shamrock Shake LatteBulletproof Tea5 Ingredient Chicken Noodle SoupThai Peanut Shrimp CurryPortobello PizzasCumin Sesame Lemon Mug CakeSun-Dried Tomato Pesto Mug CakeGreen Chile Cheddar Mug CakeBacon Cheddar and Chive Mug CakeKeto Sushi5 Minute Keto PizzaTater Tot NachosProsciutto-Wrapped Asparagus CanesPressure Cooker Chicken CacciatoreLemon and Olive Liguria Chicken RecipeAs well as a grocery list at the end to help you so that you donâ ªt have to spend all day trying to find ingredients for your recipes!You do have the time to change your life for the better by trying the ketogenic diet with these recipes, so scroll up and grab your copy today!

## Book Information

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## Customer Reviews

There are so many great and healthy recipes to try in this book even if you are not "Keto" and want to stay healthy. I would highly recommend it to anyone who is on a low carb and high fat diet. The meal plans are a plus.

The cover of this book makes you think it has a formula for losing 22 lbs in 30 days using the Ketogenic diet but it does NOT. I was very disappointed to see that only through "bonus" material from a different author it offers a plan that does not even follow the Ketogenic plan at all. It made me wonder if Sparks even read what she attached to her Kindle version of her book. Ketogenic is approximately 75% fat intake, 5% carbs and 20% protein. The "bonus" material promotes only 20% fat which is dramatically different. The recipes in the book look good and i will try a few but i was influenced to purchase the kindle book thinking Sparks would offer a plan for using the Ketogenic diet as well as recipes. I felt mislead.

Want to lose weight in a delicious and enjoyable way? Well I introduce you into this book because it helps me getting my body fit even though I ate cakes. This has all the essentials that we know and the recipes that you will love to make and eat. So what are you waiting for? Grab a copy now! Iâ™m sure that you will love this too.

It's only been a week since I tried this diet and I'm seeing an improvement in my weight already. It doesn't also feel like I'm on a diet at all because the recipes tasted really good. I'll be sure to continue this 30-day diet and hopefully lose 22lbs as promised.

I love eating lots of carbohydrates thatâ™s why I got fat so easily. This ketosis cookbook would be my good starting point to lose weight and be fit again. I think the recipes are delicious maybe I should start it this week.

I am tired of thinking what to prepare during lunch and dinner hence I have bought this book. Having this book is helpful since I will no longer need to think what course I will be cooking plus it was on the line of ketogenic diet. Two in one grabbed for me.

I heard someone talk about the ketosis diet and the first thing I thought was: not another fad diet. However, with time I heard more and more people talk about it. So I searched the web and saw that

the ketosis diet has tons of benefits. I bought this book in the hope that I could learn more, and I did! I liked the fact that the author shows all the benefits and a step to step guide on how to start with the diet. If you need a good book on the ketosis diet, get this one!

Ketones are said to be important in the promotion of a healthy physiology that will improve the loss of the bad cholesterol in the body and its a very important factor in the reduction of the body weight, the book is packed with information on the recipes that we can utilize to achieve the same effect.

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Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, paleo ... carb, low carb diet, weight loss Book 1)

Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss)

Ketosis: Keto: Ketogenic Diet: Ketogenic Ice Creams: Lose Fat Quickly with Top 50 Keto Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss Book 1)

KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS: KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Keto Diet: 60 Delicious Ketogenic Diet Recipes: 30 Days of Keto

Lunch & Dinner + FREE GIFT! (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) Ketogenic Diet: The Permanent Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes (Ketogenic, Paleo, Low Carb, Weight Loss, Ketogenic Diet) Vegan Keto: The Vegan Ketogenic Diet and Low Carb Vegan Diet for Rapid Fat Loss (Works as a Vegetarian Keto Diet As Well) (Simple Keto Book 4) Ketogenic Diet: 30 Delightful Dessert Recipes: 1 Month of Keto

Desserts + FREE GIFT (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) Keto: Super Low Carb Smoothies & Juices: Ketosis The Easy Way Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Low Carb: 90 Delicious Ketogenic Diet Recipes: 30 Days of Breakfast, Lunch & Dinner + FREE GIFT! (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) Weight Loss: 60 Delicious Ketogenic Diet Recipes: 30 Days of Dinner & Dessert (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) Ketogenic Diet Cookbook: AWARD WINNING Low Carb Recipes for Health and Weight Loss with the Keto Diet (tasty weight loss ketogenic cookbook with fat bomb ketogenic desserts)

Ketogenic Diet: 120 Mouthwatering Ketogenic Diet Recipes: 30 Days of Breakfast, Lunch, Dinner & Dessert + FREE GIFT! (Ketogenic Cookbook, High Fat Low ... Keto Diet, Weight Loss, Epilepsy,

Diabetes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Keto: Carb Lovers Keto Cookbook (Paleo & Gluten Free): Pizza, Breads, Pies & Much More Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) The Ketogenic Diet: The 30 BEST Low Carb Recipes That Burn Fat Fast!: Lose 15 Pounds with the The KetoDiet Cookbook in Two Weeks or Less! (The Ketogenic ... for Weight Loss - High-Fat Paleo Meals) The Essential Keto Cookbook: 124+ Ketogenic Diet Recipes (Including Keto Meal Plan & Food List)

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