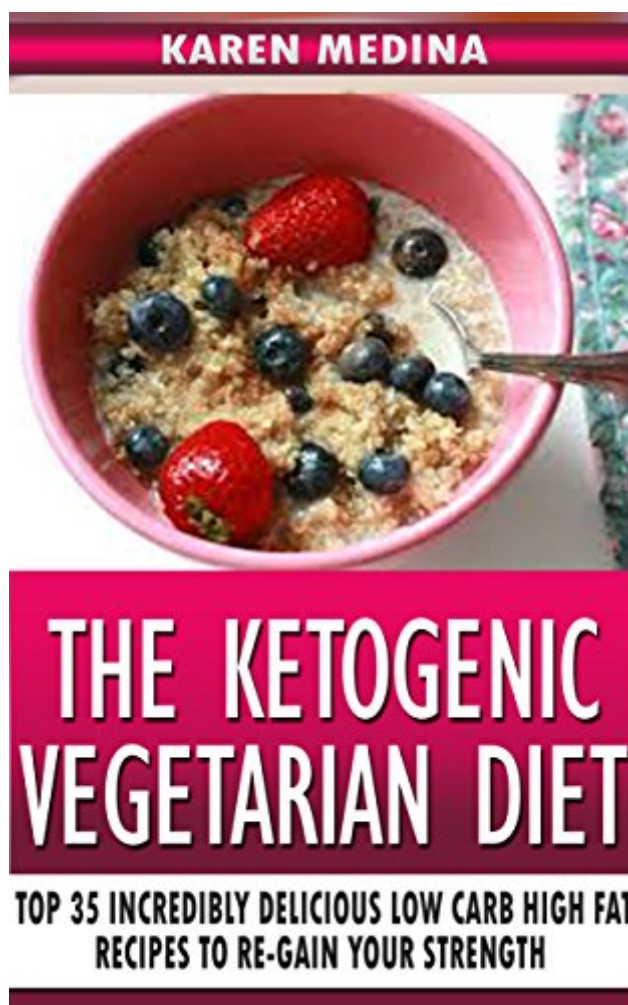


The book was found

Ketogenic Diet: The Ketogenic Vegetarian Diet: Top 35 Incredibly Delicious Low Carb High Fat Recipes To Re-Gain Your Strength (low Carbohydrate, High Protein, ... Low Carbohydrate Foods... Ketogenic Diet)





Synopsis

BURN FAT, GAIN MUSCLE AND STAY IN KETOSIS WITH INDULGENTLY DELICIOUS KETOGENIC VEGETARIAN RECIPES!. Ketogenic Vegetarian Recipes are the yummiest and easiest way to lose weight fast and stay in awesome shape! Ketogenic Vegetarian Recipes are a low carb, gluten free and super easy way to meet your 75% healthy fat ratio throughout the day. Not only are Muffins Recipes quick, simple and satisfying they are also packed full of metabolism boosting and belly fat burning goodness! Not to mention the added vitamins, minerals and superfoods in some of these indulgent little Ketogenic Vegetarian Recipes. You'll Learn To Make Delightful Ketogenic Vegetarian Recipes Including...Roasted Peppery Cauliflower Soup Magic.Super Delicious Cucumber Salad.Soup-de-Mushroom with Pepper.Peppers with Cheesy Vegetable Stuffing.Delightful Brussels Sprout with cheese Sauce.Super Cookâ™s Green Bean Magic.Pudding Delight with Banana & Coconut. Extra Easy Cheese Sandwich. Much, much more!For a full list of what you can see inside, scroll up and click on the look inside feature and check out the Table of Contents!Take Action Right Now to Download your copy today!

Book Information

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Customer Reviews

I have been looking for several healthy and delicious food to be in a diet, and I've read a lot about them. However, this ketogenic vegetarian book is really wonderful. It does not only include the nutrition facts like some, but also give recipes that not only adults will enjoy eating but also kids will surely love. Examples are Extra Easy Cheese Sandwich (with Cucumber), and Loaf-de-Pumpkin (loaf made of squash) for making sandwiches. I just wish there are some pictures included to see the samples.

i have heard about Ketogenic diet and all the amazing benefits of it, so i bough this book and was totally amazed by the divers variety of the recipes inside, well written, easy to understand, i tried already few recipes and i can say i love it. Maya's book are great and for everybody she write in a simple and understanding way wish is great for us to assimilate quickly. i totally recommend this book

I have been interested in this ketogenic diet since I read a book about this one. This book is really interesting since it is a ketogenic vegetarian diet. I didn't know a combination of those two exists. This book really shared a lot especially on the recipes.

Additional book to my Ketogenic Vegetarian Diet Collection. The recipes in this book were very yummy and mouth-watering. I can even combined some recipes in one. I never felt this healthy feeling since I started to indulge myself in the Ketogenic vegetarian diet.

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