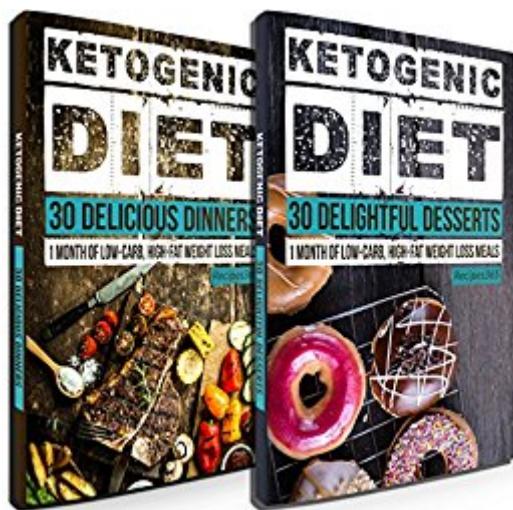


The book was found

# Weight Loss: 60 Delicious Ketogenic Diet Recipes: 30 Days Of Dinner & Dessert (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes)



## Synopsis

The #1 Weight Loss Dietâ—º FLASH SALE + FREE GIFT, GET IT FAST! â—„World Class Weight LossWelcome to the world's #1 high-fat, low-carb weight loss diet. The ketogenic diet turns your body into a fat-burning furnace and helps create an optimal state of being.Join millions of others across the globe by ditching fad diets and turning to a proven solution which does not sacrifice taste or enjoyment of eating.60 Easy to Follow Ketogenic RecipesPacked into this book are 60 delicious keto recipes that you will absolutely love. That's a whole month of dinner and dessert!30 Delicious Dinners30 Delightful DessertsNutritional Information IncludedUnlike other cookbooks, our recipes include an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your macros.It's up to you if you want to use this or simply enjoy the meals, but it's nice to know it's there if needed.The ScienceYour body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis.Here your body produces ketones created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones.This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state.Beyond Weight ControlKeto has its origins in treating healthcare conditions such as epilepsy, type 2 diabetes, cardiovascular disease, metabolic syndrome, auto-brewery syndrome and high blood pressure.This diet will take you beyond typical weight control and into a new realm of total body health.Finally, A Diet You Will EnjoyForcing yourself to eat bland, uninspired meals is not a long-term solution to obtaining a healthy body. You will be more likely to relapse or even abandon your diet altogether.This ketogenic cookbook rekindles your love for food, meaning you will look forward to your every meal. When you enjoy what you are eating the results come easy!Free GiftFor a limited time only we are giving away 'Top 10 Ketogenic Diet Mistakes' so you can avoid costly errors and accelerate fat loss.Download now and read on your kindle, tablet, smartphone or computer.Tags: ketogenic cookbook, ketogenic diet, ketogenic recipes, ketogenic diet recipes, keto recipes, keto diet, keto, weight loss, diabetes, epilepsy, LCHF

## Book Information

File Size: 1974 KB

Print Length: 97 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 8, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01K352YT6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #318,559 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #61

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Epilepsy #131 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Ketogenic #190 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic

## **Customer Reviews**

I had picked the book: "Weight Loss: 60 Delicious Ketogenic Diet Recipes: 30 Days of Dinner & Dessert + FREE Guide (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes)" just out of curiosity; but was pleasantly surprised to go through it. It is an attention-grabbing book for those who want to try high-fat, low-carb weight loss diet. The Ketogenic diet is well explained, leading the reader to understand their body which, according to the author, is a fat-burning furnace and helps create an optimal state of being. A great read to ditch fad diets and turn to a proven solution which does not sacrifice taste or enjoyment of eating, like most diets of the world do. And to top it all, 60 Easy to follow Ketogenic Recipes! Dinners, desserts and nutritional information included. And also an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your macros. Wow, I absolutely loved them and am even out to try some of them. I recommend this book not only to diet watchers, but to readers in general. We all need to take care once in a while of our body!

It is fascinating to realize that there are sheltered strides or systems to shed pounds and in the meantime to have a solid eating regimen. Various formulas including the quantity of calories, fats, starches that the formula gives is very much exhibited in the book. The Ketogenic eating regimen is all around clarified, driving the peruser to comprehend their body which, as indicated by the creator, is a fat-blazing heater and makes an ideal condition of being. Overall the book is elegantly composed and straightforward furthermore formulas are anything but difficult to cook.

This book has made me realized the importance of Ketogenic diet. I think that I am fit for ketogenic diet thatâ™s why I like this book. I enjoyed reading every detail of this material. In fact, I have known new routines to lose weight with this kind of diet by eating the right food and meal especially during dinner. It is interesting to know that there are safe steps or techniques to lose weight and at the same time to have a healthy diet. Though I would say that these steps are effortful. One must be really be patient in following these effective ways to have a healthy and fit body. The author did a good job in writing this piece.

Many of the recipes are quite intriguing and I have noted to try some of them when I have a special occassion for that. The additional tips at the beginning of each recipe were extremely helpful. E.g. adding a dash of ground coffee before making mocha ice cream. In fact, butterscotch ice cream recipe proposes to add vodka. So strange for a keto diet recipe... The book is still nice, but it would be even better if the author adds the photos.

For those who are looking for an effective and natural way to lose weight, why donâ™t you try the ketogenic diet? And for you to start, this bundle is definitely a good one to read. This contains mouth-watering recipes for dinner as well as desserts. With this, youâ™ll surely be able to experience the amazing benefits of ketogenic diet to your overall wellness. Therefore, this is such a recommendable cookbook to have for a healthy and fit life.

This is a great cookbook for vegetarians. All recipes are very tasty and light, which is very important for me because I do not have much time for cooking. I really liked how the author proposes to combine flavors, dishes are very flavorful and delicious. I found a lot of unique and ideal recipe for all my family. Thanks to the author for this cookbook. I recommend this book!

The book is written about the Weight loss challenges especially when it comes to using the dietary route and the presented recipes will help the reader to know the best options to begin with in terms of Using Ketogenic diet in losing the losing the extra pounds and the proper maintenance after attaining the results.

[Download to continue reading...](#)

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) 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: 30 Delightful Dessert Recipes: 1 Month of Keto Desserts + FREE GIFT (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) 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: 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) 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) 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) 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) 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) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Hungarian Dessert :KĂrtĂjs KalĂjcs Or How To Make Hungarian Chimney Cake, Secrets and recipes for the perfect chimney cakes (Traditional Dessert, Transylvanian ... Special Occasions, Wedding Dessert) 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) 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) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes,ketogenic plan) 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) Low Carb: The Low Carb High Fat Diet with Over 200+ Decadent Dessert Recipes (The LCHF Weight Loss Cookbook) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes,

type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes

[Dmca](#)