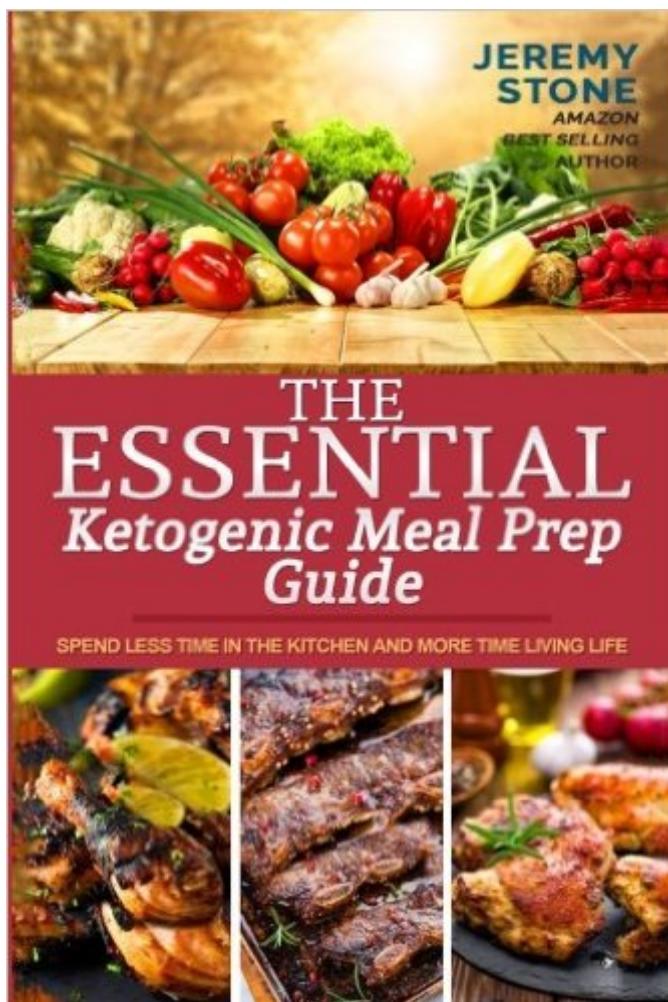


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# The Essential Ketogenic Meal Prep Guide: Spend Less Time In The Kitchen And More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking)





## Synopsis

Save An Hour Everyday While Spending Less and Living MoreWhat if you had healthy low carb, ketogenic meals ready to eat every day of the week? What if you had an extra hour every day away from the kitchen to exercise, read or spend with your family?Bestselling author Jeremy Stone will show you how you can make the most of your time in this extensive guide on Ketogenic Meal Preparation. Based on his many years of experience meal prepping and his extensive knowledge of the Ketogenic Diet, Stone reveals many hard-won secrets to save time and money in the kitchen while on a strict low carb diet.In this book, you will learn:How to cook over 50 Ketogenic meals designed specifically for meal preppingHow to create a simple framework to meal prep easilyHow to save an hour every day through meal preppingHow to easily ensure your eating ketogenic foodsHow to shop smart and save money by buying the best groceriesHow spices are key to a successful meal prepHow to store meals so that they stay fresher for longerHow these two common kitchen tools can save you hoursHow to pack salads and vegetables to maximize freshnessBONUS: 12 Meal Prep HacksBONUS: 30 Additional Ketogenic Recipes E-BookStart saving time and money and get your copy today!

## Book Information

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## Customer Reviews

I love this wonderful book so much. This Ketogenic Meal preparation guide is new in my Collection. Thoughts of eating Healthier food for safe life is resulted in buying this book. Ketogenic Diet is

famous all over the world. Now I also a part in it. his book is discussing about the topic diet preparing of Ketogenic Meals. It is an effective and easy way to stay healthy and help you lose weight by having healthy Ketogenic choices available to you throughout the week. This practices of preparing foods for entire week has become inseparable part of weight loss programs like the ketogenic Diet. You will get vast resources on Ketogenic meal preparation in this book. I am fully satisfied in this book. It is a worthy one.

This book wasn't a typical ketogenic diet book, it addressed the biggest pain point in trying to execute on the diet. The point where most people mess up is the meal prepping and creating the food. Many are simply to busy to prep the food so the author give great meal prepping hacks and recipes to make the process easier. It's worth the read.

I was searching for something just like this. The book contains all the information and recipes I needed for my diet and I'm glad that I downloaded it to my kindle. I found the book well written, interesting and very useful. I also like the author's way to explain things in a way that everyone could understand. Five stars out of five!

I personally like the book, I really appreciated that it has serving sizes for the recipes and nutrition fact, however, I would love it if there are pictures on each recipes so that I will know what to expect in the dish. It discussed what ketogenic is and how to start the diet plan.

I've actually been looking for recipes for meal prepping: the making of meals all at once to be consumed the rest of the week or month. When I stumbled on this book, I was pleasantly surprised that there is a ketogenic book solely for meal prepping. I immediately downloaded it because the weekend was coming up (perfect time to make the prepped meals) and made the Mexican Meatloaf. It was amazingly simple and so tasty! If you want to save money, save time, avoid the stress of cooking and get healthy, I highly recommend this book!

The number one thing I love about this diet is the amount of sustainable energy it gives me throughout the day. Even though my earn your carbs diet has already been giving me plenty of energy to begin with, it's still nothing in comparison to being on Keto. It feels like you have more clarity and you feel fresh the entire day, no matter how hard you work. This is the most important reason for me right now, because I have a lot going on and I need to be 100% focused on my work.

I can use the extra energy, especially now during the summer when the heat slows me down, I'm excited to turn on the highly efficient fat burning mode and boost my metabolism.

I have decided to go on a Ketogenic diet and I hope this book will serve as my long term guide as it will state to me what should I eat on the following days. The book is detailed and informative making me comfortable with the guidelines and easier to understand.

This book has made my life so easy!! I've been working out for the past year and have been trying to find a good meal prep guide for my daily routine and this book has been my savior! There are so many good recipes to choose from and I usually bookmark and screenshot the ones I use most. If I get bored of the same weekly meal, then I change it up with the other recipes! Great book overall, thank you!!

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