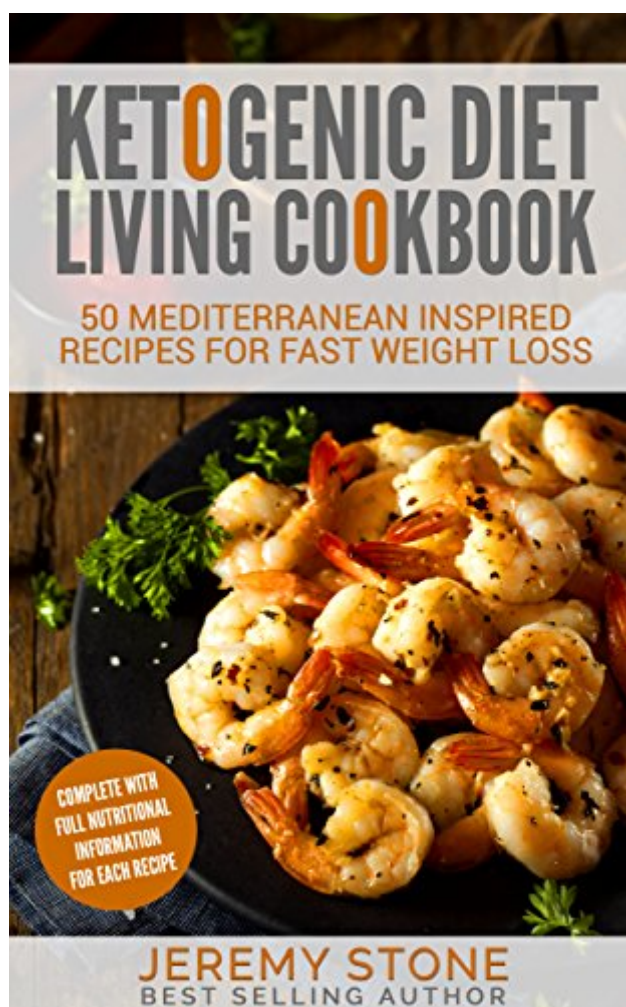


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# Ketogenic Diet: Living Cookbook - 50 Mediterranean Inspired Recipes For Fast Weight Loss (Ketogenic Diet For Beginners, Greek, Italian Cookbook)



## Synopsis

Are you tired of boring ketogenic meals and want some worldly recipes in your life? This book could be the answer you're looking for... What if you could make delicious Italian and Greek meals that could actually help you lose weight? Imagine having tasty Mediterranean recipes along with full nutritional information in one easy to read cookbook. Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite. Bestselling author Jeremy Stone will show you how you can make some of your favourite Mediterranean dishes with a ketogenic twist in this extensive cookbook. Based on his extensive knowledge of the Ketogenic Diet and his passion for Asian food, Stone reveals his tasty secrets to making healthy Italian and Greek inspired recipes that will help you lose weight and feel great! In this book, you will learn ... How to make over 50 keto-approved recipes from all around the Mediterranean with full nutritional information An easy to understand overview of the Ketogenic Diet The benefits of making one skillet meals How to make Mediterranean inspired ketogenic recipes for any occasion; breakfast, main course, salads, snacks and side dishes. **BONUS: 30 Additional Ketogenic Recipes E-Book** Here are just some of the exciting recipes you will find inside: Greek Feta-Asparagus Frittata with Bacon Prosciutto Cups Mediterranean Egg Muffins Balsamic and Parmesan Roasted Cauliflower Mediterranean Sautéed Shrimp and Fennel Grilled Rosemary-Salmon Skewers Creamy Pesto Chicken Salad with Greens Florentine Steak Italian Hazelnut Cookies Mediterranean Chopped Salad Prosciutto Date Wraps Don't let boring Ketogenic meals get in your way, get your copy today!

## Book Information

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## Customer Reviews

Our body is in a fat-burning state during ketosis, including workouts in your lifestyle can increase the potential of you losing weight. Not only that, it can also help build lean muscles, which again, helps your body in burning fat more efficiently. However, besides the schedule of your meals, the timing of when you exercise is important, especially if you're trying to lose weight in the Ketogenic Diet. One of the most effective ways to decrease stress is regular exercise.

I found the recipes to be easy to read and follow, from the most important meal of the day is breakfast to special meals for weekends and holidays, this book covers it all. This is a book that I could try new recipes in for quite awhile.

We're not getting any younger and our bodies are now changing that we need to make sure we keep it healthy and active. To be able to do that we have to have the right mindset and the proper diet. I am glad that friends have convinced me to be on his diet. It's done wonders for my body and have really given me a boost of energy everyday. I find that I am much more energized and active as compared before. Reading this book has helped me get a better understanding of the diet and program I am in and I am definitely pleased with the overall results.

This book includes around 50 recipes for Mediterranean dishes. These dishes are also for those who follow the Ketogenic diet that in my point is perhaps the most effective diet for losing weight. I found dishes in this book both healthy and delicious. I tried already Balsamic and Parmesan Roasted

Cauliflower and Grilled Rosemary-Salmon Skewers and both of them were very delicious.

I liked this book. Recipes are simple and delicious. Written content of protein, fat, carbohydrates and minerals in dishes. I would add only photos of each dish. I recommend to read and try these dishes.

Ketogenic is one of my options on my diet journey. This was my first book about healthy living and I am counting on what this book can give me in return. It was a good grabber and recipes were easy to follow. It also gave me an overview of a ketogenic diet.

The ketogenic diet for a lifestyle change rather than a temporary weight loss plan. I was ready to start eating, it sounds like a good and delicious way to improve health. Easy to prepare recipes and sharing meals with friends and family.

This book is to the point and an easy read/reference while cooking. I like the variety list of recipes in the book that are easy to understand and great for losing weight and I recommend this book without a doubt to anyone wanting to get and stay healthy.

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