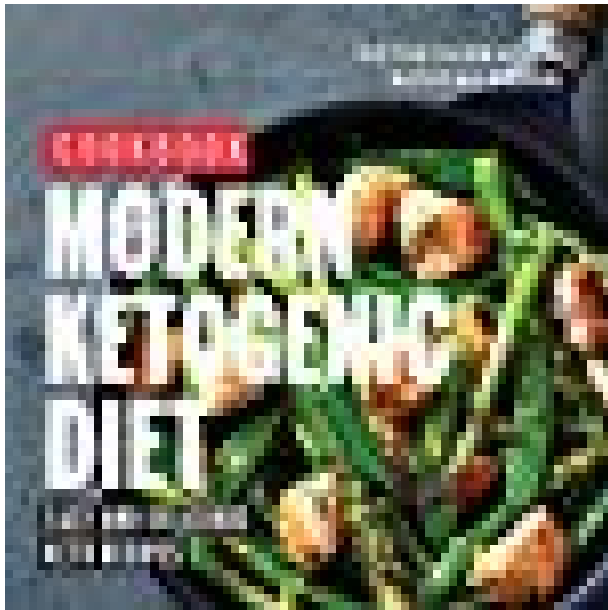


Modern Ketogenic Diet. Easy and Delicious Keto Recipes (cookbook) (Weight Loss Book 3)



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Cook the keto way today! Learn How To Cook The Keto Way – Cook With Fat To Lose Fat! Cooking Keto: Ketogenic Diet Recipes is a brand new ketogenic diet cookbook chock a block full of meals for every time of the day and every occasion; from an on-the-go snack to a festive family dinner. As you page through this keto inspired and designed cookbook you will be amazed at all the delicious recipes and menu options at your avail and you will gain the ability to cook using healthy fat that will allow you to release unwanted weight, and learn how avoiding carbohydrates allows your body to switch fuel sources and start burning that stubborn stored body fat we all despair of, WITHOUT giving up flavor or wholesome, homemade goodness! In this book, you will find keto-friendly meal prep and recipes including: The Keto Kitchen Keto Recipes on a Budget Keto Friendly Food How To Cook The Keto Way The Three T's Of Keto Diet Menu Preparation Benefitting From The Keto Advantage Keto Friendly Snacks and Deserts Dozens of Keto Recipes! Cook the keto way today. Don't hesitate before purchasing this all new ketogenic diet cook book that will guide you to ketogenic health and wellness success: cooking keto lets you savor tantalizing recipes you never dreamed you could make and enjoy on a diet!