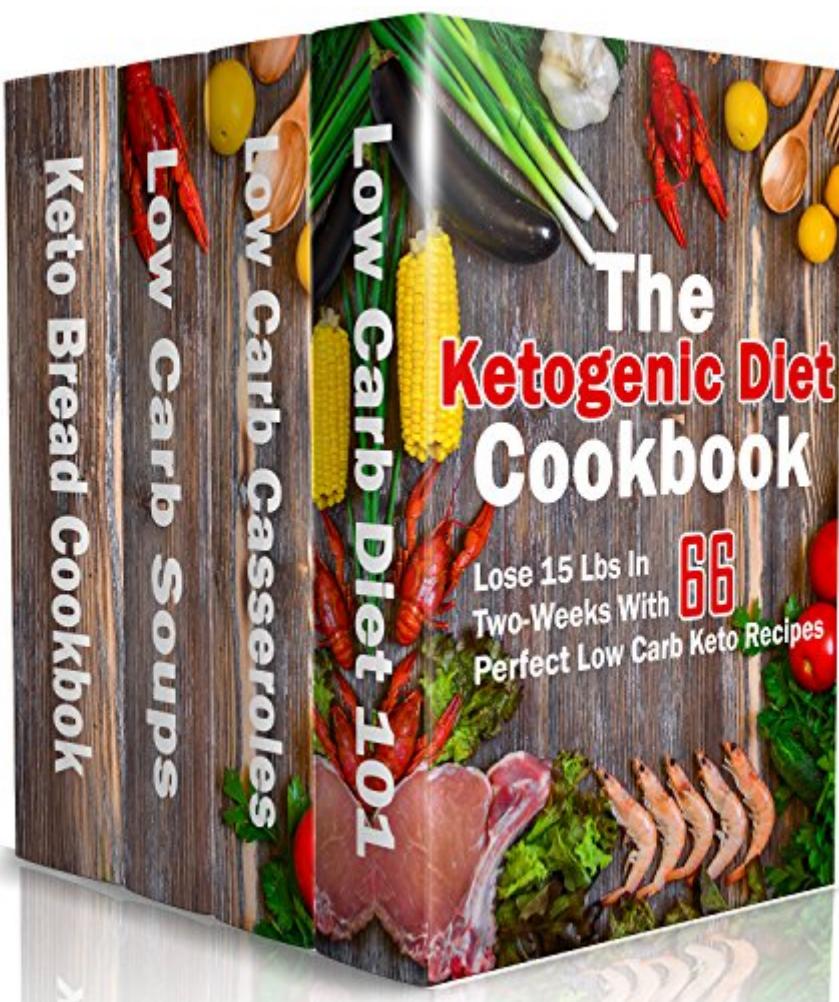


The book was found

The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb Cookbook, Low Carb Recipes)





Synopsis

The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes

Book#1: Low Carb 101: Low Carb Diet - Proven Way to Lose 15 Lbs (7 KG) In Two-Week Challenge Without Even Trying

Are you struggling to shed your extra pounds? You are not alone because numerous people are struggling to get rid of stubborn fat of their body. Various diets are available in the market, but each diet has its benefits and limitations. You have to focus on one formula âœeat fewer calories and burn moreâ •. Low carb diet is a good way to recycle carbs and increase your metabolism. This diet will help you to reduce your weight quickly and improve your overall health. The low carb diet is extremely helpful for everyone to increase their metabolism and melt your body fat. In this book, you will learn the principles of low carb diet and follow it to reduce weight. Low carb diet has been scientifically proven to result in better health and more weight loss as compared to low-calorie and low-fat diet. This book offers: Book#2" Low Carb Casseroles: 25 Super Delicious Low Carb Casseroles for Weight Loss

This eBook âœ25 Super Delicious Low Carb Casseroles for Weight Lossâ • is a great guidance for you if you are looking for weight loss recipes. These recipes fill your stomach as well as make you feel light. This book covers all the aspects from the basic ingredients, the recipe and also describing the health benefits of each main ingredient in the recipe. The book is divided into chapters and there are five top recipes under each chapter. You can choose any you like accordingly. Here is the list of chapters which this amazing eBook covers:

Book#3: Low Carb Soups: 25 Best Delicious Filling Soup Recipes for Weight Loss

This ebook is a must read for all those people who are looking forward to losing weight but cannot think about leaving food. Low carb diets are an excellent way for people to make sure that they have enough to eat, they are full and they reduce weight at the same time. The best thing about enjoy low carb meals is that they only help you eliminate carbohydrates from your diet which can become very hard to control in the long run. Carbohydrates not only lead to quick hunger pangs but they contain a lot of starch that only causes weight gain. By giving by the carbs in your diet, you will be able to burn your fats in a much better way and enjoy meals that are wholesome and nutritious and keep you full for longer time. This ebook focuses on some important details regarding low calorie diet. It aims to provide you significant information about how switching to a low carb diet can help you get rid of the unwanted weight and enjoy a slim and fit body.

Book#4: Keto Bread Cookbook: Real Low Carb Recipes

Bread is impressive as it appears in a huge range of guises: virtually all shapes and sizes can and are produced. It can fulfill a variety of roles in your diet. It is interesting to note that the majority of recipes which are designed to encourage ketosis are also excellent choices for anyone with a glucose tolerance issue. The issue is, as bread is often used to fill a gap in your diet, how can

you ensure your body is getting all the nutrients it needs without consuming this high calorie option. The answer lies in the following recipes where you can discover delicious, healthy alternatives which are low in carbohydrates and will boost your ability to get things done! Download your E book "The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes" by scrolling up and clicking "Buy Now with 1-Click" button!

Book Information

File Size: 5732 KB

Print Length: 185 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 16, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01N5QEIH

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #179,292 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Hungarian #14 in Books > Cookbooks, Food & Wine > Regional & International > European > Hungarian #91 in Books > Cookbooks, Food & Wine > Special Diet > High Protein

Customer Reviews

I haven't really found anything in this cookbook that strikes my fancy. And found no main dish recipes which is what I really needed. Should have looked this over more before purchasing it.

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

The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High

Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(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) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)