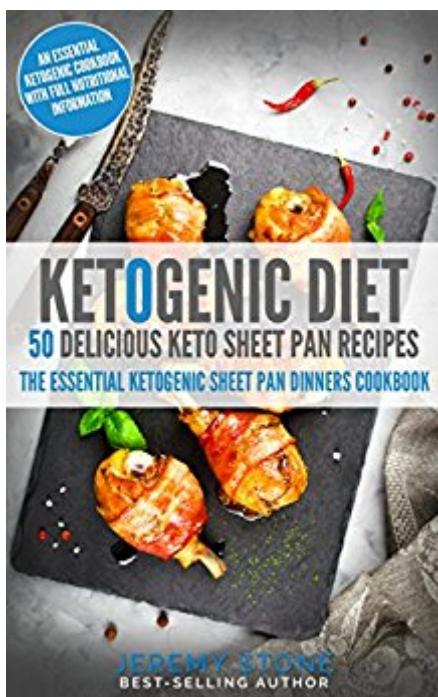


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# Ketogenic Diet: 50 Delicious Keto Sheet Pan Recipes - The Essential Ketogenic Sheet Pan Dinners Cookbook



## Synopsis

Make Delicious Ketogenic Sheet Pan Recipes That Are Quick To Make And Easy To Clean-Up! What if you could make delicious Ketogenic meals that don't require a bunch of pots and pans? What if you could make tasty Ketogenic recipes with all of the nutritional information right in front of you? 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. Best-selling author Jeremy Stone will show you how you can make healthy Ketogenic Sheet Pan meals in this exciting cookbook. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his tasty secrets to making Keto Diet Sheet Pan recipes that will help you save time and lose weight! In this book, you will learn ... How to make over 50 Keto-approved recipes with full nutritional information An EASY to understand overview of the Ketogenic Diet How to make DELICIOUS Ketogenic Sheet Pan recipes for all occasions BONUS: The Top Ketogenic Diet Recipes 2017 Cookbook Here are just some of the exciting recipes you will find inside: Bacon-Wrapped Chicken and Jicama Steak with Crispy Kale and Beets Mushroom and Pepperoni Cauliflower Pizza Chicken Fajitas Roasted Salmon, Cabbage, and Kale Balsamic Shrimp with Summer Vegetables Caramelized Brussels Sprouts and Bacon Eggs, Tomatoes, and Asparagus And many, many more! Make these delicious Ketogenic recipes and get your copy today!

## Book Information

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## **Customer Reviews**

A great book for foods and recipes that increase your energy and helps you to concentrate, as well as lowering blood sugar and cholesterol. A wealth of information, recipes and easy food preparation. My favorite being the salmon dinner meals along with other seafood dishes. A great addition to any food lovers cookbook collection/

One thing awesome about this book is the presence of the energetic value on each recipe, i see lots of books that fail in this matter. There are plenty of recipes and they are very easy to do as well you can plan a whole month ahead without any problem. As a person who does fitness on a daily basis this is very important to me. This is why i give 5\* without regrets.

This book I picked up for my sister who begins Ketogenic diet. These recipes are very clearly written and easy to follow. In addition, the book contains a lot of useful advice, especially for beginners. My sincere recommended!

Different ideas add variety to everyday meals

I have been following a Ketogenic Diet for about 6 months now and couldn't be happier with the results. I'm a 45+ year old guy that has been able to lose 25 lbs (of mostly fat) in that 6 month period... all from adjusting my diet. I have not been to the gym one time or done any kind of exercise to lose the weight. My point is that I want to have a "normal" life and still keep a healthy weight and body composition. This means that I need to have healthy food options available to me at all times. If I don't, I'll end up "falling off the wagon" and eating things that I shouldn't. Jeremy Stone's books are a big part of my success. His approach to Keto is no-nonsense and relies on eating the right

way. As a guy, these books are easy for me to follow, make great-tasting meals and are easy to cook. I like to do the cooking around the house, so I'm not typically intimidated by cooking, but Jeremy's books are great even for those that aren't big fans of cooking!\*\* NOTE: I did receive a pre-release copy of this book for free in exchange for my honest review. My review doesn't change though, Jeremy's books are all great, easy to read and follow and definitely work! I own 4 other Jeremy Stone books... all of which I paid for.\*\* NOTE #2: Most of Jeremy's books are available for free under the Kindle Unlimited program. If you are a Kindle Unlimited subscriber, that's a great way to check out these books.

For everyone just starting the keto way of life or those that have already been living the lifestyle then this is the book for you, I have got so much inspiration from this so many new ideas and things I have never tried, it is very well laid out and easy to understand..thank you so much for making my keto life so much more enjoyable.

Jeremy makes eating Keto easy and delicious. From the opening breakfast recipes for "bacon, eggs, and brussels sprouts" and "half English breakfast" to dinner dishes like the "sea bass roast" the book does not disappoint. The recipes are easy to follow, give nutrition information and, for the most part, use ingredients easily obtained or already in your refrigerator or pantry. I am looking forward to trying more of the recipes and already have a few favorites I will make again and again.

Ketogenic diet is well explained. The book also shows how this kind of diet works. It discusses the benefits that this diet could give. And it provides a step by step guide how to do it effectively. It also provides recipes that are very easy to prepare and very delicious. I would definitely recommend this book not only for those who want to loss weight but for anyone who wants a healthy life.

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