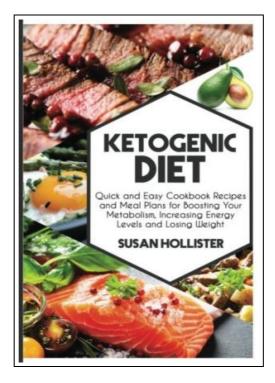
# Ketogenic Diet: Quick and Easy Cookbook Recipes and Meal Plans for Boosting Your Metabolism, Increasing Energy Levels and Losing Weight (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*.Turn Yourself into a Highly Energized Fat Burning Machine! Whether you want to (1) boost your energy levels and lose weight, (2) discover how to properly do a Ketogenic diet, or (3) have access to an incredible variety of delicious keto-friendly recipes, this book has all you are looking for! Are You Tired Of Feeling Worn Down And Sluggish? The Ketogenic diet has been proven highly effective at helping people attain better health. A ketogenic diet has been shown to be good for high energy levels, diabetes, acne, weight loss and much more! This diet trains the body to start burning fat instead of sugar for energy. This diet can stabilize blood sugar and boost your metabolism, all the while providing a steady source of energy, so you rarely feel hungry. Just imagine! You re free to eat butter, cheese, and sour cream; you can enjoy bacon and other meats, yet find yourself healthier than ever before. There s no misery while on this diet! The recipes in this book are delicious and there s plenty of variety from which to choose. Discover healthy and tasty alternatives to your favorite carb-laden foods. I m talking about dishes like macaroni and cheese, rice pilaf, mashed potatoes, and tater tots. You won t even have to live without bread, hamburger buns, or tortillas; I ve provided low-carb versions for you to enjoy. Discover A Fresh Way Of Cooking It is easy to create the mouthwatering recipes in this book. and I II help you through each step of the way with easy to follow instructions. The ketogenic diet gives you the opportunity to eat foods that are higher in fat and protein than you...

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