



The Ketogenic Diet - Delicious Fat-Blasting Recipe Ideas Tasty Low-Carb Recipes for Ultimate Fat Burning and Weight Loss

By The Ketogenic Diet

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 90 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. While on a ketogenic diet, its easy to get stuck in a boring rut of menus: eggs with cheese, raw veggies, chicken or fish with broccoli on the side Eating the same thing every day for months is enough to make anyone quit a diet. Of course, you can vary with beef, salmon or pork instead of chicken, and have turnip or asparagus instead of broccoli. Still, chances are youll get tired pretty quickly. This is exactly why weve created a recipe book with 48 amazing keto-friendly recipes. After trying our creative keto recipe ideas, youll probably be inspired to try your own variations by adding different vegetables and swapping chicken for bacon or steak. Let your creativity flow; many people find that they actually enjoy the challenge of coming up with delicious keto-friendly meals! This cookbook contains 48 keto-friendly recipes. This item ships from La Vergne,TN. Paperback.



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