



## Ketogenic Cookbook (Paperback)

By Kennedy Ross

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Complete ketogenic guide and cookbook with breakfast, lunch and dinner meals to make your life easier. Learn how to prepare delicious ketogenic meals using SIMPLE ingredients already in your pantry and fridge. Recipes to alter your body s metabolic state and reprogram your body to burn fat instead of sugar. What separates this ketogenic cookbook from others on the market? The recipes included have been designed specifically for weight loss, to maximize caloric burn per meal. Discover and enjoy low carb, ketogenic versions of: pizza burgers wings chilli salmon shephard s pie chicken alfredo fish tacos keto bread cheesecake pancakes keto ice cream keto friendly snacks cocktails and many more Each recipe includes calories and overall fat, carb, protein and fibre content in grams. And best of all,you ll never feel hungry on the ketogenic diet.



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