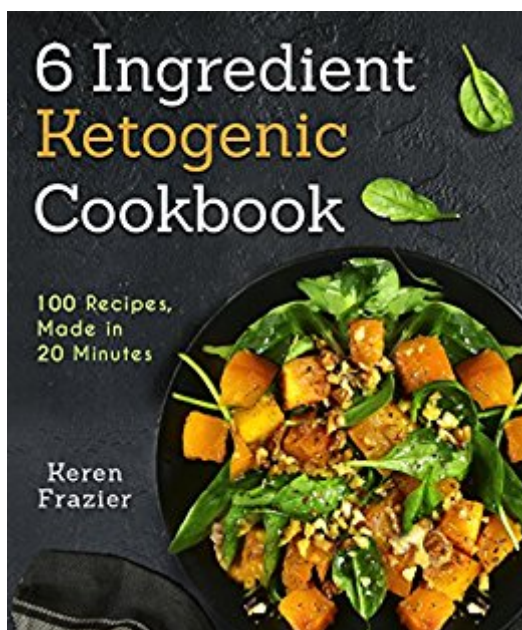


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6 Ingredient Ketogenic Cookbook: 100 Recipes, Made In 20 Minutes



Synopsis

Are you thinking about starting the brilliant ketogenic diet? Are you worried that creating great tasting food will be too difficult or time consuming? It doesn't have to be! Now you can make fabulous meals in less than 20 minutes and with just 6 ingredients that you will be able to find at your local grocery store. With *Ketogenic Fresh Fast Food: 100 Fast, Healthy and Delicious Recipes With 6 Ingredients (or Less)*, you will never be stuck for a decent meal again, with recipes for: Filling breakfasts Hearty main meals Delicious side and snacks A range of thirst-quenching drinks And even desserts Being short on time doesn't mean that you should be short on flavor and these easy meals will keep you satisfied, stay in ketosis AND maintain your motivation to make keto into a lifestyle you enjoy. The recipes are quick and easy to make, contain just 6 ingredients (or less) and use ingredients you'll find locally, all while delivering a burst of flavor you'll love. Download a copy of *Ketogenic Fresh Fast Food* today and I promise that if you are not 100% satisfied, you can get your hard-earned money back. Guaranteed!

Book Information

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Customer Reviews

Thank you for putting together some easy to make, simple ingredient recipes! I am really looking forward to making these!!

Recipes for 2. Dinner and lunch for next day. I havee all the ingredients in my pantry. Everything made TASTY.

This book has provided all you need if you are in a journey of ketogenic diet. This book breaks the myth of low carbohydrate diet and provides you clear picture of ketogenic diet. It is healthy with more energy, all without compromise of taste.

The KETO way of eating has made such a difference in my life and this is the book I rely on the most. Most of the recipes are very easy and delicious. Each recipe lists the nutritional values per serving, so it is easy to keep track of your intake of fat, carb and protein.

I always have the intention of eating healthy but to be honest, between work and life, there's often not enough time to do so, or at least that's my excuse. That's where this cookbook comes in. Everyone has 30 minutes and these recipes are not only quick, but delicious! Go ahead and buy this cookbook, your body, appetite and health will all thank you.

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