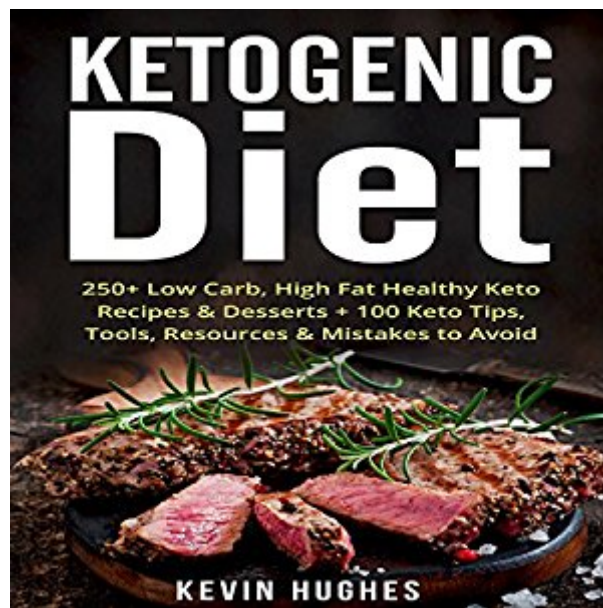


The book was found

# Ketogenic Diet: 250+ Low-Carb, High-Fat Healthy Keto Recipes & Desserts + 100 Keto Tips, Tools, Resources & Mistakes To Avoid



## Synopsis

Be Happier and Healthier Starting Today! Are You Tired of Feeling Out Of Shape? Want to Start A Diet That Will Allow You to Change Your Life Forever? If you answered "YES" to any of the above questions then you'll want to grab this book and learn how a low-carb, high-fat ketogenic diet might be right for you. No longer starve yourself when dieting. The wonderful thing about eating a ketogenic diet is you never having that hungry feeling that comes with most other traditional diets. No longer equate dieting with suffering! A ketogenic diet will not only help you lose weight, it will also help you lower your blood sugar, blood pressure, and cholesterol. It will give you greater sense of mental clarity and boost your energy levels sky high! This book will teach you the in's and outs of the ketogenic diet. This book will also give you 250+ keto-friendly recipes covering everything from breakfast to dessert. I'll also go over frequently asked questions, common mistakes you'll want to avoid, and all the resources I use daily to keep myself on track. Inside You'll Learn: An Introduction to The Ketogenic Diet Health Benefits of A Ketogenic Diet Getting Started On The Ketogenic Diet 20 Ketogenic Diet Mistakes to Avoid Ketogenic Diet FAQ/Common Meanings A Guide to Ketogenic Diet Kitchen Tools, Resources, Apps, & Books 250+ Ketogenic Diet Recipes - Breakfast, Lunch, Dinner, Desserts, & More! After you've finished with this book, I hope that you've learned how to get the most out of the ketogenic diet. I also hope you enjoy all the healthy and delicious recipes I've provided to help you get started on your new journey. By starting on a keto diet you're committing to becoming the best version of yourself. Don't Wait Another Minute! Get Your Copy Now!

## Book Information

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## Customer Reviews

I like this book. It differs from other books such that the author brilliantly included frequently asked questions about the ketogenic diet. It defined all necessary basic items to understand what ketogenic diet is. The author also included all the tools he uses in his keto kitchen. So basically, ideas mentioned here are first hand experience of the author. Plus, it provided a lot of recipes which will add up to my wide range of choices.

This book has a TON of value for the price! You get 250 recipes and an overview on the ketogenic diet! Low carb diets, whether Atkins or ketogenic, have proven to be the most effective diets. This book is an awesome start, and definitely gives all the key info that you need to start the diet! The recipes are delicious, the price is unbeatable, and the weight just melts right off! 5 stars!!

Eating healthy food and the right kind of calories will set your metabolism in fat-burning mode. The Ketogenic Diet consists of high amounts of fat, some proteins and minimal carbohydrates. I appreciate this Ketogenic Diet: 250+ Low-Carb, High-Fat Healthy Keto Recipes & Desserts...book because it has made me understand more about the Ketogenic diet. It has opened my eyes that this could be the diet for me.

Lots of great and very healthy recipes for getting back your health! These recipes are perfect for someone starting their ketogenic diet or even someone experienced just wanting new recipes and great information. Great recipes easy to make and well described to be able to understand even for someone who does not cook very often! Remarkable

Ketogenic diet is good for losing weight. I learned benefits of ketogenic diet. I get knowledge of different types of this diet. Ketogenic diet is effective in losing weight, increase ketones, increase protein intake and reduce calories. This book let me know how to start diet plan. There is list of foods to avoid while following this diet. This book is easy to understand. I highly recommend this guide.

This Ketogenic Diet cookbook is almost everything you've ever hoped for. The book is very elaborate and gives the exact feeling of a recipe even before you try it out in the kitchen. The writing is made simple and exact so that the readers would actually try out the recipes without the need to go over on things that are tedious and long. Like any other ketogenic diet cookbooks, this book contains unique recipes that are very easily to follow but are quite exquisite to experience in the

kitchen. It's always awesome to try new things; but cooking ketogenically is not new to me. However, this book has made a way to become interesting to its readers therefore it is not like you average ketogenic diet cookbook! Try it and see for yourself.

This book is perfect for those who wants to lose weight without any efforts to make. Jus fallow the tips here and the right food should eat to avoid disease can occur to you. The book will help you what you should do to gain weight lose and live with healthier with this Ketogenic diet. And it also have 250 delicious recipes that can help you to lose weight. Highly recommended!

The book does exactly what it says; explains the Ketogenic diet and how to implement it into your life, and gives you a TON of recipes (some very interesting ones)!!! Iâ™d recommend this book to anyone switching to the Ketogenic diet for the first time, or just wants some really good tasty recipes, like the flourless chocolate cake â “ yummy!

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Ketogenic Diet: 250+ Low-Carb, High-Fat Healthy Keto Recipes & Desserts + 100 Keto Tips, Tools, Resources & Mistakes to Avoid Keto Bodybuilding: Build Lean Muscle and Burn Fat at the Same Time by Eating a Low Carb Ketogenic Bodybuilding Diet and Get the Physique of a Greek God Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Low Carb: The Low Carb Dessert BIBLEÂ© with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert CookBook for Rapid Weight Loss) The Ketogenic Kitchen: Low carb. High fat. Extraordinary health. Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight LossÂ© (with Over 350+ of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living) Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) Remodeling Mistakes Cost You Thousands: Avoiding the 11 Most Embarrassing Remodeling Mistakes Options Trading: 2 Manuscripts - The Ultimate Beginner's Guide, The Most Common Mistakes to Avoid Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) The Keto Beginning: Creating Lifelong Health and Lasting Weight Loss with Whole Food-Based Nutritional

Ketosis Options: The Ultimate Secret, Tips and Tricks to Increase Profits and Avoid Losses (Option trading, Option trading Strategies, Investing) with Expert Guidance Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Everything You Need to Ace Science in One Big Fat Notebook: The Complete Middle School Study Guide (Big Fat Notebooks) Everything You Need to Ace American History in One Big Fat Notebook: The Complete Middle School Study Guide (Big Fat Notebooks) Everything You Need to Ace World History in One Big Fat Notebook: The Complete Middle School Study Guide (Big Fat Notebooks)

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