



## Ketogenic Cookbook: 200 Easy Low-Carb Weight Loss Recipes (Paperback)

By Abel Jones

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. \*\*\*GET THE KINDLE VERSION FREE WHEN YOU PURCHASE THE PAPERBACK!\*\*\* Adopting a Ketogenic diet could represent one of the greatest nutritional breakthroughs of our time - Mark Sisson, Ironman Champion Best-selling fitness author What if I told you that everything you have ever learned about a balanced diet was wrong? Eating a high-fat diet to lose weight sounds almost too good to be true, yet the Ketogenic diet delivers exactly that. The Ketogenic Cookbook, one of the most highly anticipated cookbooks of 2017, is set to be the ultimate resource for the growing number of people interested in eating a low-carb, moderate-protein, high-fat diet. With over 200 easy-to-follow, delicious low carb recipes and a 4-Week Meal Plan, this is the only cookbook you will ever need! A one-stop shop to the Ketogenic way of life, The Ketogenic Cookbook shows you how to transition to and maintain a whole foods-based ketogenic diet with a key focus on practical strategies-and tons of mouthwatering recipes. Accelerated fat loss, Increase energy levels, mood stabilization, appetite control, improved mental focus and hormonal balance - these are...



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