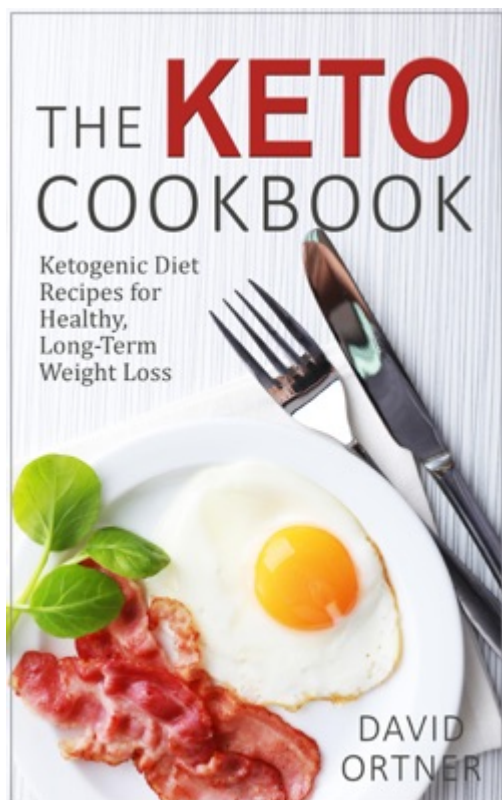


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The Keto Cookbook: Dozens of Delicious Ketogenic Diet Recipes for Healthy, Long-Term Weight Loss is the ONLY ketogenic cookbook you need to lose weight and keep it off with the ketogenic diet.

Ketogenic cooking has been praised by health experts (including May Clinic) and fitness coaches alike because it is sustainable, filling, and healthy, while at the same time being astonishingly effective. The ketogenic diet allows your body to use its own natural response to certain foods to burn off extra fat. And because ketogenic cooking consists of high-fat foods, you'll never feel hungry or deprived.

The Keto Cookbook gives you all the simple, delicious recipes you need to change your body and your life, including: Breakfast recipes, like a succulent Spinach and Goat Cheese Omelet and fluffy Almond Pancakes; Snack recipes, like hot, crispy Jalapeno Poppers and delicious Banana Bread; Main course recipes, like fragrant Bacon-Wrapped Asian Chicken Wings, Sweet Chili-Glazed Salmon, and rich Slow Cooker Beef Stew; Side recipes, like Baked Tots, Tuscan Chicken Salad, and

Broccoli Cheddar Soup; Dessert recipes, like yummy Chocolate Rudge, fresh Strawberry Ice Cream, and indulgent Raspberry Swirl Cheesecake; Smoothie and shake recipes, like the refreshing Green Tea Frappuccino, and the invigorating Espresso Smoothie; And much more!

In this easy ketogenic cookbook, you'll also find a shopping list, a meal plan, and tried-and-true advice to start and stick with the ketogenic diet.

It's time to change your life once and for all. Don't wait until tomorrow, get started today with ***The Keto Cookbook: Dozens of Delicious Ketogenic Diet Recipes for Healthy, Long-Term Weight Loss!***

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Autor : David Ortner

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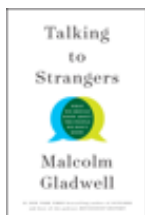
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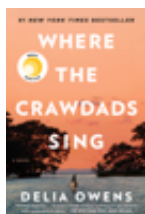
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