



Comprehensive Ketogenic Cookbook: 125+ Delicious Low Carb Lifestyle Recipes (Paperback)

By Paige Selter

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Comprehensive. Language: English . Brand New Book ***** Print on Demand *****. Jam packed with over 120 scrumptious Ketogenic friendly breakfast, main meal dessert recipes! Featuring an active table of contents, view your favourite recipes in seconds BONUS - exclusive ketogenic recipes resources upon redemption Let me ask you a few quick questions. Are you struggling to find easy to follow Ketogenic recipes? Do you wish you had access to a plethora of ketogenic diet recipes in one simple book? Are you sick of the same boring low carbohydrate recipes? Do you wish you could eat nutritious, delicious ketogenic friendly meals for breakfast, lunch, dinner dessert? If you answered yes to any of the above then the Comprehensive Ketogenic Cookbook is a must read. 10,000 years ago during the era of the Paleo diet the average man was athletic, agile, healthy and carried a generous amount of lean muscle mass, today the average man following a western diet is overweight - bordering on obese, far from agile, stressed, unhappy and suffering from disease Here is A Preview Of What The Comprehensive Ketogenic Cookbook Contains: An explanation on what the Ketogenic...



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Reviews

Thorough guideline! Its this kind of excellent read. This is certainly for all those who statte there was not a well worth reading. Your way of life period will probably be transform once you complete reading this book.

-- Mrs. Alia Borer

Very useful to any or all group of men and women. It is writter in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.

-- Althea Fahey MD