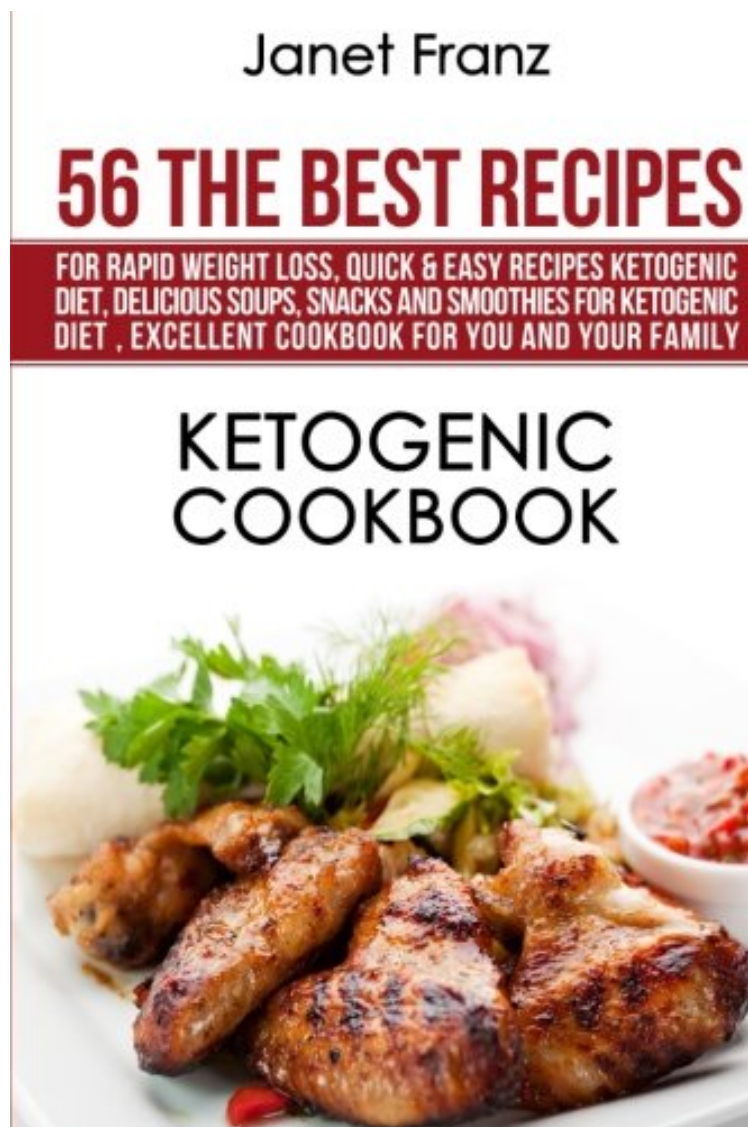


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2 of 2 people found the following review helpful. Great recipes !By Rs.BrI downloaded this book during the free distribution of .I am on a ketogenic diet for almost a year. I liked mostly in this book is that the recipes are very low in total carbs not just net carbs and there are no recipes with almond flour. Great recipes! You do not need to follow a ketogenic diet to use these recipes. They are great compliment to the low carb, high fat diet as well as anyone who wants to prepare their foods from scratch as opposed to buying them pre-packaged. I love this book and consider it a great resource for eating keto.2 of 2 people found the following review helpful. Lots of good ideasBy Rachael ThompsonI really think I will try almost every recipe in this book, they all look really good! There are a variety of different recipes, main dishes, sides, breakfasts, lunch ideas, smoothies, desserts, even a recipe of chocolate milk lol. The one I plan to try immediately is the tuna salad with no mayonnaise. I have always loved tuna but hated mayonnaise so I got excited when I saw this idea. Also I appreciated that the nutrition info was listed for every recipe, don't find that in many recipe books.0 of 0 people found the following review helpful. Looking for different recipes for low carbs! This is it.By Kindle CustomerI will be trying these recipes, I tried the cauliflower hash Brown's and they were yummy. The next on the list I'm going to try is, all the Sweet's. Can't wait till the first of the year to make all them for up coming birthday's and other Holiday's. So if you are looking for recipe's for weight lose or just for something new to make for the cold weather. Its all in this book. Great job on this cookbook..

This book has delicious and simple Ketogenic recipes. These recipes are healthy for everyone to improve your health. There are 56 recipes, and each recipe requires healthy ingredients. These ingredients are readily available in the market. It will be good to purchase fresh vegetables to prepare delicious and healthy meals. Every recipe is available with: - cooking time; - servings; - ingredients; - complete instructions; - nutritional value; - color image of the final product. These 56 recipes will solve your food selection problem. This book has step-by-step recipes that are easy to follow and delicious to eat. If you want to cook healthy for your family members, you can follow recipes given in this book. 56 Ketogenic recipes will make it easy for you to throw a good party and prepare some dishes for your guests. After reading this book, you will be able to prepare 56 healthy meals. We guarantee that these meals prove helpful to reduce weight and improve your health. You will surely get positive results.

About the AuthorI am a dietitian with 20 years of experience. I always try to help people who suffer from overweight. I find out the reason for overweight first, and then prescribe a diet or a therapy. But, unfortunately, not everyone can come to me for a consultation, so I decided to share my experience in books. In this way, I could help more people. I feel satisfied when people who asked my help get positive results in weight loss. I wish all my patients and readers spiritual and physical health and never give up your dreams.