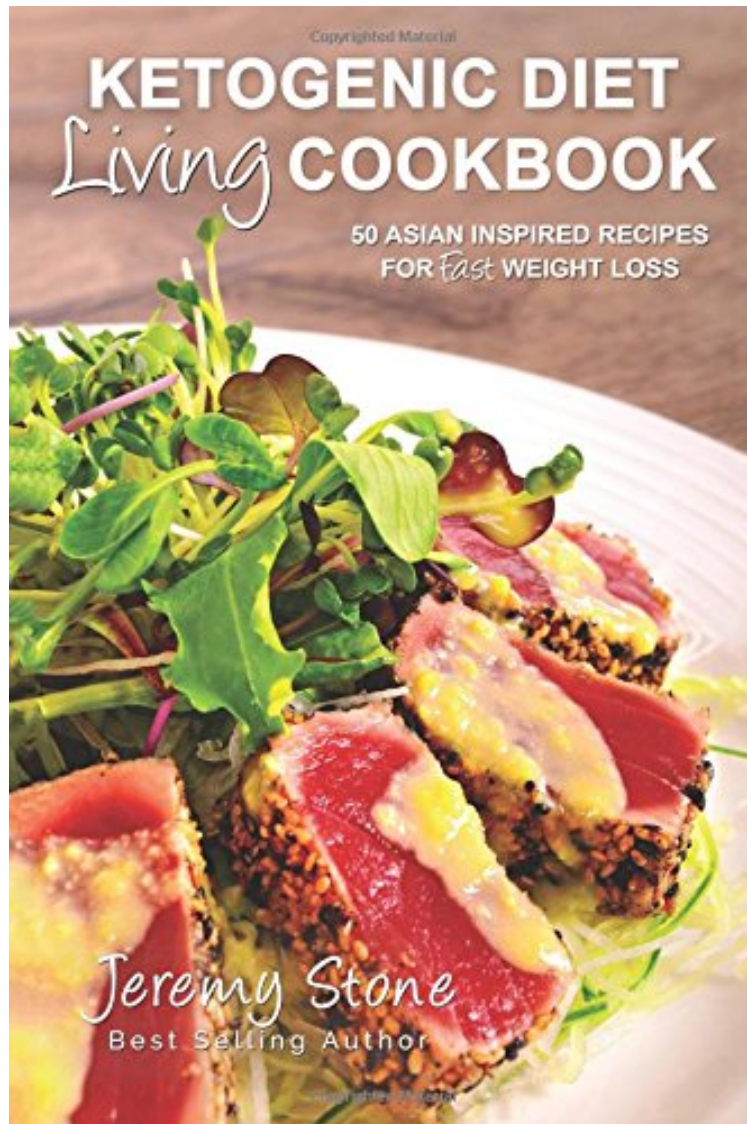


(Mobile pdf) Ketogenic Diet Living Cookbook: 50 Asian Inspired Recipes for Fast Weight Loss (Ketogenic Diet For Beginners, Low Carb, High Fat, Indian, Asian Cookbook)

## **Ketogenic Diet Living Cookbook: 50 Asian Inspired Recipes for Fast Weight Loss (Ketogenic Diet For Beginners, Low Carb, High Fat, Indian, Asian Cookbook)**

*Jeremy Stone*

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Are you tired of boring ketogenic meals and want to add a little spice to your life?This book could be the answer you're looking for...What if you could make delicious Asian meals that could actually help you lose weight? Imagine having tasty Asian recipes along with full nutritional information in one easy to read cookbook. Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us.By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite.Bestselling author Jeremy Stone will show you how you can make some of your favourite Asian dishes with a ketogenic twist in this extensive cookbook. Based on his extensive knowledge of the Ketogenic Diet and his passion for Asian food, Stone reveals his tasty secrets to making healthy Asian recipes that will help you lose weight and feel great!In this book, you will learn ...How to make over 50 keto-approved recipes from all around Asia with full nutritional informationAn easy to understand overview of the Ketogenic DietThe benefits of making one skillet mealsHow to make Asian inspired ketogenic recipes for any occasion; breakfast, main course, salads, snacks and side dishes.BONUS: 30 Additional Ketogenic Recipes E-BookHere are just some of the exciting recipes you will find inside:Cumin Hunan Beef Teriyaki Glazed Asian Chicken Sichuan-Style Chinese Long Beans Stir FryCoconut Cauliflower CurryBlack Pepper SteakAsian Spinach Salad with ShrimpGrilled Spicy Eggplant with Red PepperBrussels Sprouts Roasted with Cashews Don't let boring Ketogenic meals get in your way, get your copy today!

About the AuthorHey it's Jeremy Stone coming from beautiful Toronto, Canada! I'm a fitness enthusiast who's extremely passionate about health. Nothing brings me more joy than helping others reach their maximum potential. Growing up I was not very athletic and was always a little overweight. This caused me self-esteem issues and depression. All of that changed when I got into health and fitness at the age of 16. I saw the tremendous benefits it made on my life and I have made it my life's goal to help others. Sometimes we can be our own worst enemies and all we need to do is get out of our own way! When I am not in the kitchen or writing a book, I'm usually cursing at the TV screen watching a Toronto sports team or spending time with my family. Make sure to follow me on Twitter @JeremyStoneEats