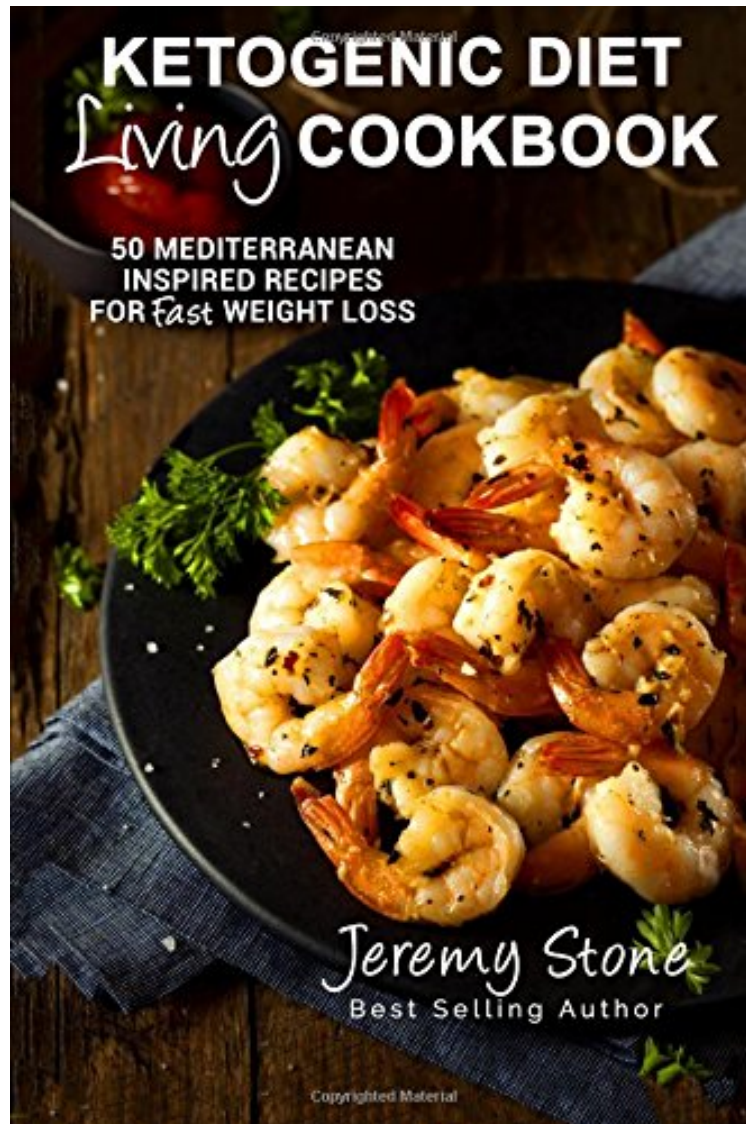


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Ketogenic Diet Living Cookbook: 50 Mediterranean Inspired Recipes for Fast Weight Loss (Ketogenic Diet For Beginners, Low Carb, High Fat, Greek, Italian Cookbook)

Jeremy Stone

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Jeremy Stone : Ketogenic Diet Living Cookbook: 50 Mediterranean Inspired Recipes for Fast Weight Loss (Ketogenic Diet For Beginners, Low Carb, High Fat, Greek, Italian Cookbook) before purchasing it in order to gage whether or not it would be worth my time, and all praised Ketogenic Diet Living Cookbook: 50 Mediterranean

Inspired Recipes for Fast Weight Loss (Ketogenic Diet For Beginners, Low Carb, High Fat, Greek, Italian Cookbook):

0 of 0 people found the following review helpful. Great Book.By Alan Keto Diet gives a short intro and 50 recipes for the ketogenic diet, a new diet based on minimizing carbohydrates and maximizing protein. The first chapter explains the nature of the ketogenic diet, chapter 2 explains what a "ketogenic diet" is, and chapter 3 contains all the recipes, e.g. coconut-berry mix for breakfast. It did help me learn a lot about different body processes although it was basically a more in depth review of everything I already knew. It indicates that the simplest manner to efficiently do away with those unflattering love handles and in growing more healthy body is via ingesting more appropriate fat. A nice read for me!0 of 0 people found the following review helpful. Delicious...and healthyBy myplanetI loved the idea of this book. By substituting fats for simple carbs, with the Keto diet, we can burn fat, fast. I liked all the recipes in this book. They are easy to make and delicious. This is a nice addition to my books about food. Love cooking and like to keep eating healthy.0 of 0 people found the following review helpful. There are 50 recipes for your delight. These meals will rekindle your energyBy Walter JoyLearn to eat healthy and delicious Mediterranean Inspired Keto diet. There are 50 recipes for your delight. These meals will rekindle your energy, revive your body system and help you loose and maintain a wonderful body shape.

Are you tired of boring ketogenic meals and want some worldly recipes in your life? This book could be the answer you're looking for... What if you could make delicious Italian and Greek meals that could actually help you lose weight? Imagine having tasty Mediterranean 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 Mediterranean 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 Italian and Greek inspired 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 the Mediterranean with full nutritional information An easy to understand overview of the Ketogenic Diet The benefits of making one skillet meals How to make Mediterranean inspired ketogenic recipes for any occasion; breakfast, main course, salads, snacks and side dishes. BONUS: 30 Additional Ketogenic Recipes E-Book Here are just some of the exciting recipes you will find inside: Greek Feta-Asparagus Frittata with Bacon Prosciutto Cups Mediterranean Egg Muffins Balsamic and Parmesan Roasted Cauliflower Mediterranean Sauteed Shrimp and Fennel Grilled Rosemary-Salmon Skewers Creamy Pesto Chicken Salad with Greens Florentine Steak Italian Hazelnut Cookies Mediterranean Chopped Salad Prosciutto Date Wraps Don't let boring Ketogenic meals get in your way, get your copy today!

About the Author Hey 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