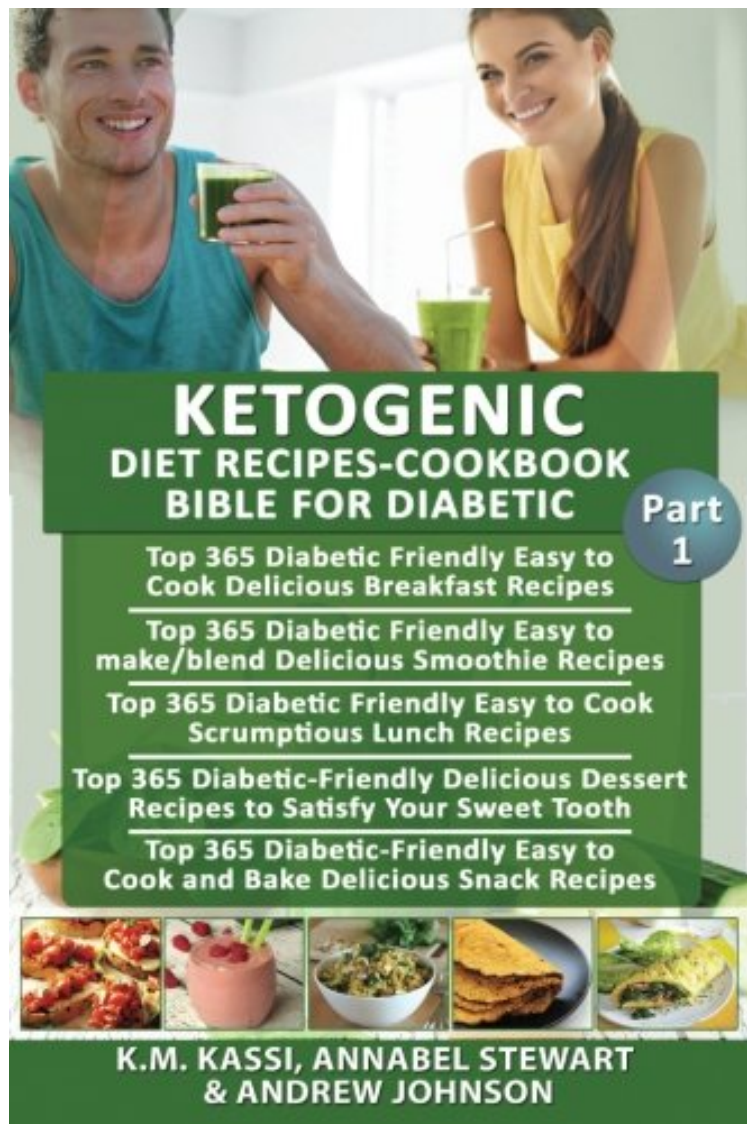


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# **Ketogenic Diet Recipes-Cookbook Bible for Diabetic: Top 365 Delicious Breakfast Recipes+ Delicious Smoothie recipes+ Srumptious Lunch recipes+ Dessert recipes+ Snack recipes (Volume 1)**

*Mr K.M. Kassi, Mr Andrew Johnson, Ms Annabel Stewart*

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This was an excellent introduction to the Ketogenic diet. I searched on for a concise guideline to give this kind of diet a shot - fortunately I found this book! This is a fine piece of information for everybody interested in a concept of Ketogenic diet. Author provided a comprehensive set of knowledge about the subject. Entering into ketosis might not be the easiest thing to do in the first few weeks, but if you stick with it. You'll reap the benefits pretty quickly. Just remember that you don't have to be on the highest end of the spectrum!  
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The Ketogenic Diet gets a lot of flak because it is a fairly extreme dietary regimen that challenges the conventional view of "high carbs, low fat". However, an abundant amount of research supports that very low carbohydrate, ketogenic diets are actually a healthy life style choice for Diabetes. Grab this Book today and Enjoy the Healthy and Scrumptious Recipes!