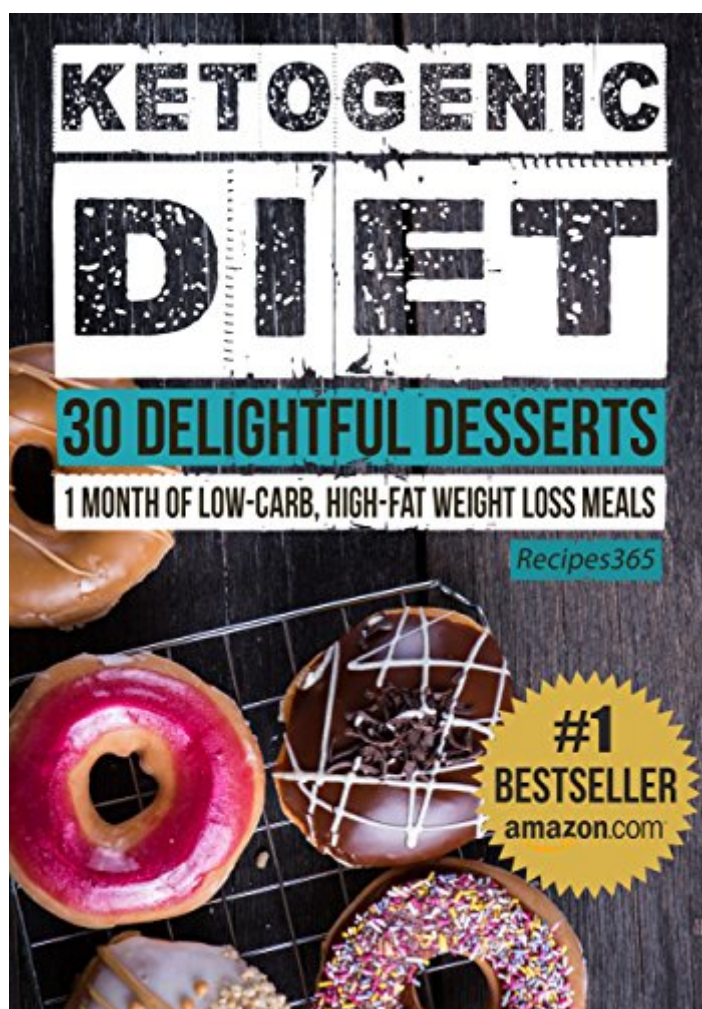


The book was found

Ketogenic Diet: 30 Delightful Dessert Recipes: 1 Month Of Keto Desserts + FREE GIFT (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes)





Synopsis

30 Guilt Free Delightful Ketogenic Desserts—⁹ FLASH SALE + FREE GIFT, GET IT FAST! —„Join the #1 global weight loss diet today with this fantastic 30-day ketogenic desserts cookbook. Do you love great food but dislike what it does to your body? Do you want to lose weight, but hate sticking to diets? Well, you're in the right place, because with the keto diet you CAN have your cake and eat it! The Science Behind Weight Loss Your body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis. Here your body produces ketones created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones. This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state. 30 High-Fat, Low-Carb Dessert Recipes Packed into this powerful little cookbook are 30 of the most delightful ketogenic dessert recipes ever created. These simple, sumptuous afters will have you looking forward to every treat without a trace of guilt. Finally, a diet you can enjoy! Nutritional Information Included Unlike other recipe books, ours includes an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your goals. It's up to you if you want to use this or simply enjoy the meals, but it's nice to know it is there if you need it. Finally, a Diet you can Enjoy! Forcing yourself to eat bland, uninspired meals is not a long-term solution to obtaining a healthy body. You will be more likely to relapse or even abandon your diet altogether. This ketogenic cookbook rekindles your love for food, meaning you will look forward to your every meal. When you enjoy what you are eating the results come easy! Free Gift For a limited time only we are giving away 'Top 10 Ketogenic Diet Mistakes' so you can avoid costly errors and accelerate fat loss. Download now and read on your kindle, tablet, smartphone or computer. Tags: ketogenic cookbook, ketogenic diet, ketogenic recipes, ketogenic diet recipes, keto recipes, keto diet, keto, weight loss, diabetes, epilepsy, LCHF, dinners

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Customer Reviews

This book offers up a great variety of different types of foods that you can make with a good variety of ingredients. Of all the ones that I have tried from this book, I haven't found one that was hard to do and all of them were simply amazing. I love how easy it is to read this book and storing it is a breeze. I know that a lot of people have gotten away from actual cookbooks in favor of online versions, but this is truly one of those books that can and should be passed down among generations for great meals! I love i

1. The book has no pictures. 2. Most of the recipes you can find online 3. You get what you pay for.

Great

Great for keto dieters that need recipes for keto friendly desserts! The number of carbs are given with each recipe as well.

Free download. Okay book. same info available online. Nothing too mind blowing but it does deliver on what the title says the book is.

Good recipes. Only thing I didn't like was too many ice cream recipes that require an ice cream machine.

Have not really read it.

This is just garbage, standard recipes replacing sugar with various chemicals. JUNK. The time you spent perusing over this garbage will be forever lost. AVOID

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