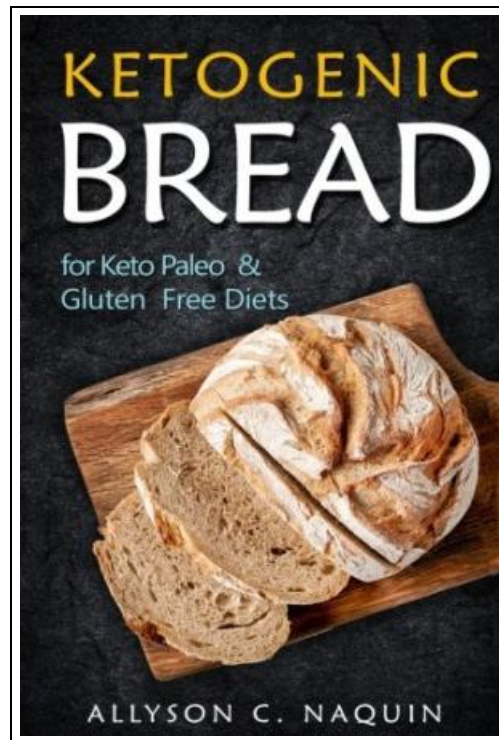


Ketogenic Bread: For Keto Paleo Gluten Free Diets (Paperback)



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Reviews

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(Keshاون Schneider)*

KETOGENIC BREAD: FOR KETO PALEO GLUTEN FREE DIETS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Who said there is no Bread in Ketogenic Diet!? Ketogenic diets are becoming more popular, not only among celebrities, but common people who want to lose weight without putting their bodies in a starvation mode. Ketogenic breads are the perfect choice especially for ketogenic breakfast, they do not come with processed components such as white sugar, hence they can be comfortably consumed by people who are allergic to gluten and other problems associated with high carb breads such as white flour bread. Ketogenic bread is low in carb and high in protein, high in healthy fat and moderate in protein, hence it will keep your body in Ketosis phase, thus speeding up your metabolism and aiding fat loss. Ketogenic bread can be consumed with other ketogenic components, including soups, stews, fish and meat meals. This book has been written to educate you on ways through which you can enjoy your Ketogenic bread along with other ketogenic meals. Some of the things you will learn here include: - The general Keto bread baking methods, - Types of Keto breads (including muffins and other keto snacks), - More than 60 Keto Bread recipes. - General Ketogenic diet protocols And much more! Many of the recipes you will find in this book are Paleo and Gluten-Free friendly. When you try your first bread, you will instantly fall in love. Don't wait any longer, and get started making these healthy, tasty, breads today! Take action NOW and start your Ketogenic Diet!!



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