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The Ketodiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, Starch-Free Recipes for Your Low-Carb, Paleo, Primal, or Ketogenic Lifestyle

By Martina Slajerova

FAIR WINDS PRESS, United States, 2016. Paperback. Book Condition: New. 235 x 191 mm. Language: English . Brand New Book. Live the Ketogenic Diet Easily and Deliciously! You love your Paleo or low-carb diet, but is it enough to give your metabolism the jolt it needs to really burn off that extra weight in order to live a healthier life? By eating foods higher in good fats, moderate protein, and little-to-no carbohydrates, you'll feel less hungry. Not only that, but your body begins to burn fats stores instead of the carbohydrates and glucose that usually bog down your system. The KetoDiet Cookbook contains 150 recipes and practical information for living and adhering to a ketogenic lifestyle. Martina Slajerova, founder of the KetoDiet blog, provides a complete guide to the ketogenic diet based on the most recent research. Discover the science behind the ketogenic diet and the abundant practical solutions that benefit both beginners and advanced keto-dieters. Indulge in 150 recipes created to be perfectly compatible with ketogenic, low-carb, high-fat, gluten-free, grain free, Paleo, primal, and ancestral diets. Recipes featured in The KetoDiet Cookbook are totally free of: - Grain- Sugar- Potatoes- Legumes- Additives/Artificial sweeteners- Unhealthy oils/fats Dairy-free options are also included. With soups, breakfasts,...



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