



Ketogenic Breakfast Recipes: 50 Low-Carb Breakfast Recipes for Health and Weight Loss (Paperback)

By Kristina Newman

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you want to prepare a fast, delicious and healthy breakfast and stick with you Ketogenic Diet then this recipe book is for you. THIS RECIPE BOOK was created for people like you who are busy but still want to follow a Ketogenic Diet. Breakfast is the most important meal of the day but often missed or substituted with unhealthy food because we are too busy. This book helps solve this problem by providing over 50 easy to make Keto breakfast recipes. Each recipe follows the Keto diet and can be prepared and cooked with very little time and effort on your part which makes them perfect for people in a rush. INSIDE THIS RECIPE BOOK you will get recipes covering everything from Pancakes, Oatmeal, Muffins, Eggs and MORE! You will appreciate the variety and the quality of each recipe. Which one will be your new favorite? You don t have to search through multiple cookbooks trying to find new Keto Recipes. We provide 50 of our favorite Keto breakfast recipes to make following the Keto Diet as easy as possible. We...



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Reviews

Absolutely essential study book. It normally is not going to charge excessive. I am delighted to inform you that this is basically the finest ebook we have study during my very own lifestyle and can be he greatest publication for at any time.

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