



Ketofy Everything But the Kitchen Sink!: Anthology of Recipes from She Calls Me Hobbit (Paperback)

By Scott Swenson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Follow up to the popular Ketofy Everything! Ketogenic Diet cookbook, Scott the Hobbit Swenson and Tyo Keto Iron Chef Prasetyo brings sugar-free, gluten-free, low-carb keotgenic recipes to the table - literally! The first Ketofy Everything! showed individuals and families around the world they could eat delicious foods and stay within their new lifestyle without having to use complicated methods and ingredients for success. Taking that concept to the next level, the authors of the original cookbook have collected over 350 dessert, snack, main dinner, bread, international and breakfast low-carb recipes from the popular blog She Calls Me Hobbit. Bonus features include tips on ingredient conversions and usage, how to shop keto on a budget, and how to keep your head in the game no matter what life tosses at you, all presented in the humorous, easy-going style that has made She Calls Me Hobbit one of the top blogs for ketogenic recipes and information.

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