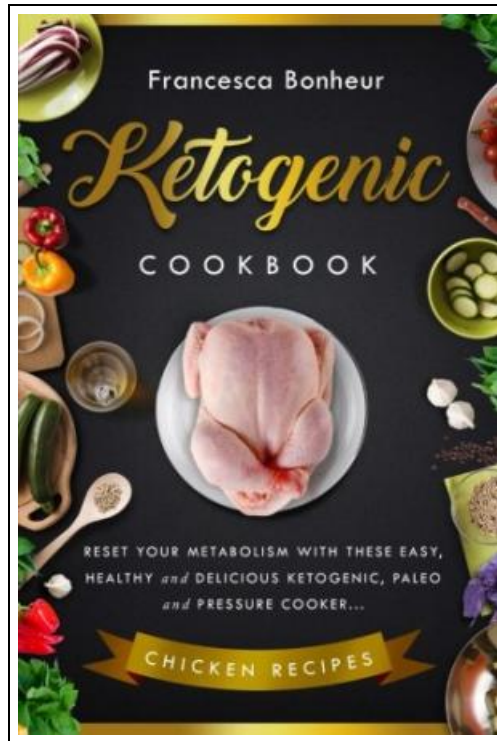


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KETOGENIC COOKBOOK: RESET YOUR METABOLISM WITH THESE EASY, HEALTHY AND DELICIOUS KETOGENIC, PALEO AND PRESSURE COOKER CHICKEN RECIPES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ketogenic, Paleo and Slow cooker Chicken Recipes! Ketogenics Eating according to the ketogenic diet plan is as easy as increasing the amount of fat and protein you have in your diet while also decreasing a number of carbohydrates that you consume. It is something that will enable you to lose a lot of weight and will also to help you get the most out of the different things that you are doing in your diet. When you are able to stick to the ketogenic diet plan, you will allow yourself to become as healthy as possible. Each of the recipes that are included in this book is intended to help you stick with the diet and to help you enjoy a great style of eating while simultaneously allowing you to lose weight. Paleo diet When you follow the nutritional guidelines as directed by the paleo diet, you align yourself with evolutionary pressures, which shaped our current genetics. This is what in turn positively influences our health and wellbeing. The diet lessens your body s glycemic load, contains an optimal balance of carbohydrates, fats, and proteins, and has a healthy ratio of saturated-to-unsaturated fatty acids. Aside from the obvious benefit of weight loss, the paleo diet is also beneficial to digestion and absorption, a much healthier brain, healthier cells, reduced allergies, provision of necessary minerals and vitamins, improved gut health, and reduced risk of inflammation. As you can see, the paleo lifestyle is a lifestyle worth adopting and using the 30 scrumptious paleo recipes in this guide, you can immediately start adopting the lifestyle. Slow cooker benefits Nutritious, Delicious Meals Mainly fresh ingredients, cooked at a low temperature for a long...

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