



## The Keto Diet Cookbook: High Fat Low Carb Cookbook for Dinner Dessert (Paperback)

By Recipes365 Cookbooks

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Keto Diet Cookbook? FLASH SALE + FREE GIFT, GET IT FAST! ?Become a Fat Burning Furnace!Welcome to the world s #1 high fat, low carb, high protein weight loss diet. The ketogenic diet turns your body into a fat burning machine and helps create an optimal state of being through ketosis.Join millions of others across the globe by ditching fad diets and turning to a proven solution which does not sacrifice taste or enjoyment of eating.60 Simple to Follow Keto Diet RecipesPacked into this book are 60 delicious ketogenic recipes that you will absolutely LOVE. That s a whole month of dinner and dessert options with a choice of different dishes every single day!30 Delicious Dinners30 Delightful DessertsNutritional Information IncludedUnlike other cookbooks, all the recipes in this book include macros broken down into calories fat, carbs and protein to ensure you stay on track for your goals.It s up to you if you want to use this or simply enjoy the meals, but it s nice to know it is there if you need it.The Science of the Keto DietYour body...



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