



Ketogenic Diet: Cookbook Vol. 1 Breakfast Recipes (Paperback)

By Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****. Ketogenic Diet Cookbook Vol. 1 Breakfast Recipes The Ketogenic diet could be considered one of the best diets available for maximum weight loss. Many of the world's leanest men and women have used the ketones released from being in a state of ketosis to achieve amazing bodies. Inside you will discover some awesome recipes that will support your dieting efforts and make living a low carb lifestyle much easier. By having a variety of recipes available, you will avoid the food boredom that usually causes people to overeat and gain weight. What Does The Ketogenic Diet Entail? Essentially a Ketogenic diet has you eating very few carbs and a lot of healthy fats and moderate protein. Don't let the word fats scare you away because this diet has been proven to work for weight loss time and again. Here are just some of the foods you get to enjoy: Tuna, salmon, shellfish and other fatty sources of seafood Avocado, egg yolks, nuts, coconut oil, butter and even mayonnaise (watch for carb loaded brands) All meats such as beef, bacon, chicken, sausage, wild game,...



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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