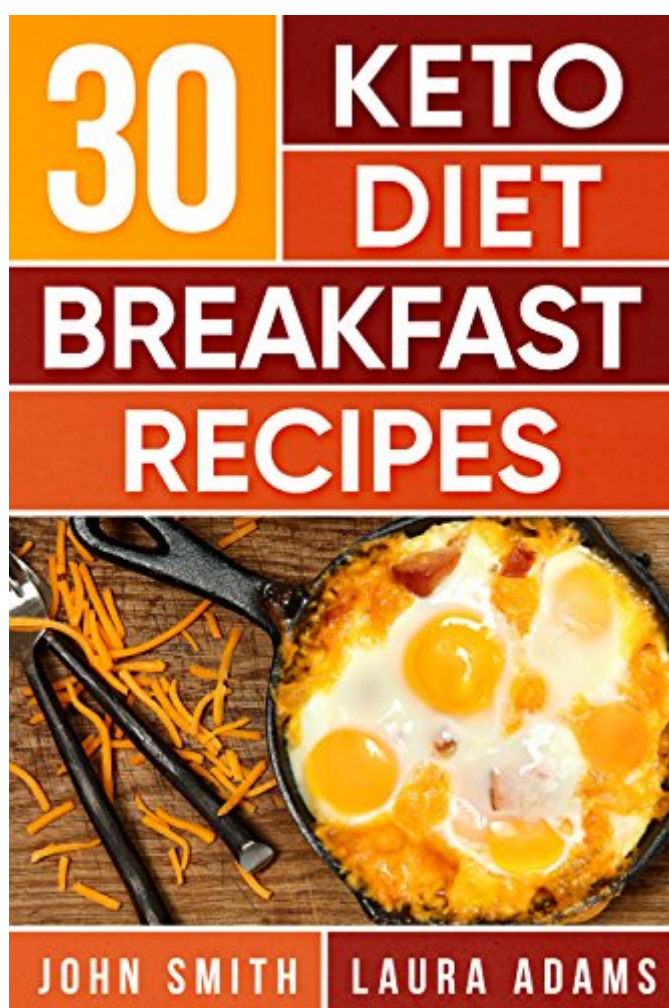


The book was found

# Ketogenic Diet: The Ketogenic Diet Cookbook: 30 Keto Diet Breakfast Recipes For Rapid Weight Loss And Amazing Energy!



## Synopsis

Have you ever felt that you are not blessed with the best fat burning genetics? Food seems to go straight to the belly, thighs, and bum? Have you tried all the diets and still got no result? If that is the case with you, then Ketogenic Diet is for you! The recipes that have been provided in this book are ketogenic diet friendly. These recipes are not only easy to cook but taste wonderful too. All that you will need to do is get the necessary ingredients and keep them on hand. If you plan ahead and pre-decide your meals, following the keto diet won't be difficult. It would be quite simple. You will need to stay strong and resist temptation. Be patient and you will definitely notice positive results in no time. Also, this diet helps you in losing fat from the abdominal region.

**A COLLECTION OF DELICIOUS AND EASY TO COOK KETOGENIC BREAKFAST RECIPES FOR A HEALTHY LIFESTYLE. WHAT WILL YOU DISCOVER INSIDE.**

1. How to cook various and tasty meals with simple ingredients
2. Recipes for breakfast, lunch, dinner, snacks, sides, and desserts
3. Prep time, cooking time and number of servings for each recipe
4. Each recipe is written in easy to follow steps
5. Benefits of the Ketogenic Diet
6. And A lot more!

**KETO RECIPES WERE NEVER SO DELICIOUS AND SIMPLER. WHAT ARE YOU WAITING FOR? TAKE ACTION TOWARDS ACHIEVING THE BODY THAT YOU DESERVE! GO TO THE TOP OF THIS PAGE AND CLICK "BUY NOW".**

## Book Information

File Size: 3900 KB

Print Length: 53 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 15, 2017

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B073YQQTNZ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #73,599 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11

inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Breakfast #30

inÃ Â Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast #47

inÃ Â Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine

## Customer Reviews

This is a healthy book on Ketogenic Diet. All of the things, tips and recipes for rapid weight loss and amazing energy that I need to know about are already included and well written inside. The authors have done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the "Recipes for breakfast, lunch, dinner, snacks, sides, and desserts & Benefits of the Ketogenic Diet". Very healthy, useful and well written. This book is really a great resource for those who want to learn more about Ketogenic Diet.

Ketogenic diet helps to lose fat from abdominal regions especially. This book provided some great tips and guides to follow ketogenic diets with some easy to cook recipes that taste wonderful. Following keto diet is not so difficult you just need a strong plan and pre-decide your meals. Stay strong resist temptation and you will definitely find result in no time using ketogenic diet following this book

I was literally running out of ideas for breakfasts for my keto-fan husband lol so bought this book and it worked just fine. All 30 recipes seem pretty simple, and taste quite delicious, and the number is enough to keep the variety going on. I am eating those breakfasts too, though I am not following keto diet but just lazy to cook for myself, and I enjoy these meals too. So, surely recommended!

The comprehensive book on ketogenic dieting for weight loss or athletic performance. Exhaustively researched, thoroughly footnoted, and detailed on every sphere of training, nutrition, and supplementation. Quick and relatively easy read. Author dispels the myths about the "keto" diet and goes in detail about the various types of Keto. Great keto breakfast recipes!

It did help me learn a lot about different body processes. I started following keto lifestyle this year in August. It really does go into great detail and technicalities about body mechanisms and how precisely ketosis works so it may be a little overwhelming for the beginner. This has given me different breakfast meals to fix and not get bored with same old things.

I've looked through this book, and I must admit that this is an excellent guide for those that begin with the ketogenic diet and want to stay in it. The book contains very good tips and advice that will be helpful to everyone. The recipes are delightful, direct and there are genuinely heaps of them. This is great, clearly written and very easy to make, All in all, I sincerely recommend!

I have been on the ketogenic diet for five days now and lost 6 pounds. I have been stalled in my weight loss even after having had gastric bypass surgery. The doctors have gone so far as to say that I have a high metabolic resistance and should just live with my weight at 236 since everything else is healthy. Tell me is needing knee replacement surgery, having sciatica bad, asthma, being newly diabetic healthy for a 58 year old woman? Thank you for the wonderful life saving recipients that are already holding me loose weight.

This book is specially for those who still didn't find the book of wide variety of recipes included in ketogenic cookbook. This book introduced the easiest method of reducing weight and trying new and delicious fun of recipes. So, no need to be worry about lunch, breakfast, dinner or for snack time because this book is a complete package.

[Download to continue reading...](#)

Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketogenic Diet: The Ketogenic Diet Cookbook: 30 Keto Diet Breakfast Recipes For Rapid Weight Loss And Amazing Energy! Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( Ketogenic Diet: The Ketogenic Diet Cookbook: 30 Ketogenic Diet Lunch Recipes For Rapid Weight Loss And Amazing Energy (Ketogenic Cookbook Series 2) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide for Rapid Weight Loss

and Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1)  
ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid  
Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss  
KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss,  
ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast,  
lunch, dinner, vegan) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs  
To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic,  
ketogenic diet) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110  
Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners  
Guide) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic  
cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: The Ketogenic  
Diet Cookbook: 75+ Delicious and Healthy Recipes for Rapid Weight Loss and Amazing Energy  
(Ketogenic Cookbook, Free Bonus Book 1) KETO SLOW COOKER: 120 Delicious, Quick and Easy  
Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking,  
ketogenic ... weight loss, paleo, low carb, cleanse) Keto Diet Guide: The Clear Guide to your Keto  
Path (Keto, Keto diet, Lose Weight, Recipes on Ketogenic and Paleo Diet Book 1) Ketogenic Diet:  
Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan!  
(ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) 365 Days of  
Ketogenic Diet Recipes: (Ketogenic, Ketogenic Diet, Ketogenic Cookbook, Keto, For Beginners,  
Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss)  
Ketogenic Diet: 365 Days of Ketogenic Diet Recipes (Ketogenic, Ketogenic Cookbook, Keto, For  
Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food,  
Weight Loss)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)