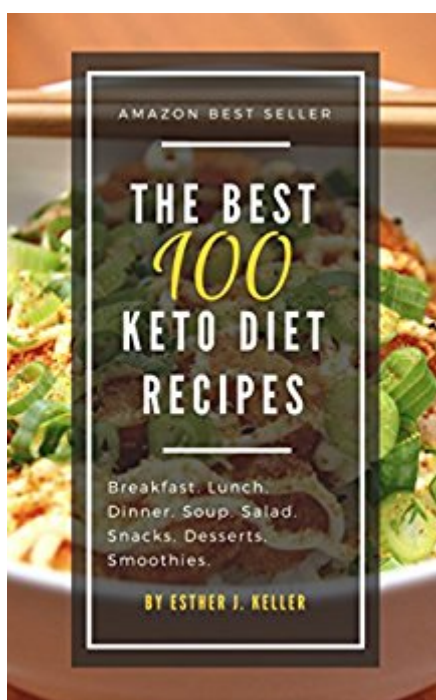


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# The Best 100 Keto Diet Recipes: Best Seller (Ketogenic, Dash Diet, Vegan, Clean Eating, Weight Watchers, Gastric Sleeve, Mediterranean Diet)



## Synopsis

The Ketogenic Diet may simply be the best diet that has been researched to date. By counterintuitively switching fats in place of carbohydrates, the keto diet is engineered to get your body to burn fat as the main source of energy (instead of carbs), all while consuming fatty foods! This book contains the best 100 recipes that best-selling author Esther J. Keller uses. This book contains: Breakfast Recipes Lunch Recipes Dinner Recipes Snack Recipes Smoothie Recipes Dessert Recipes And more! Don't miss out. Get this book now!

## Book Information

File Size: 1251 KB

Print Length: 162 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 26, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0755WCDPJ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #412,532 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #100

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(Ketogenic, Dash Diet, Vegan, Clean Eating, Weight Watchers, Gastric Sleeve, Mediterranean 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)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book

DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1)

Bariatric Cookbook: Delicious Recipes for Your Gastric Sleeve Recovery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve Book 2)

Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook-Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1)

Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook)

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)

Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric ... Bypass Cookbook, Gastric Sleeve Book 1)

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Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes)

Gastric Sleeve Recipes: Making Bariatric Surgery Recovery Palatable (Gastric Sleeve Diet, Gastric Sleeve Cookbook Book 3)

Gastric Sleeve Diet: Step By Step Guide For Planning What to Do and Eat Before and After Your Surgery (Gastric Sleeve Cookbook, Gastric Sleeve Recipes Book 2)

Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)

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