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So, don't hesitate too much and start your new life as a follower of the Ketogenic diet! Get your hands on this special recipes collection and start cooking in this new, exciting and healthy way! You will discover 500 of the best Ketogenic recipes under various sections such as. Breakfast, Lunch, Side dishes, Main dishes, Snacks and appetizers, Fish and seafood, Meat, Vegetable meals, Desserts; Have a lot of fun and enjoy your Ketogenic diet!

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500 Ketogenic Recipes: Hundreds of Easy and Delicious ...

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Ketogenic Diet Cookbook 500 Recipes – Ketoquicker

The keto diet guarantees weight loss without breakdowns and overeating. The main principle of the keto diet is the practical absence of carbohydrates, a small presence of protein, and a large number of high-quality fats in all the foods you eat. Keto slow cooker cookbook is an out-and-outer guide in the world of Keto eating.

The Keto Slow Cooker Cookbook: 500 Ketogenic Diet Recipes ...

The Wicked Good Ketogenic Diet Cookbook is a keto cookbook written by famed paleo chef Amanda C. Hughes. Key Features. Written by a master chef; Includes both everyday and exotic foods; 175 recipes; Includes calorie macros for each recipe; Not 100% ketogenic; Amanda C. Hughes is a master chef who specializes in paleo and other whole food cooking.

Top 20 Best Keto Books – Ketogenic Diet Reviews

Create a custom 500 calorie Atkins / Ketogenic diet plan with 1 click. Eat This Much is an automatic meal planner that works for every kind of diet, including weight loss, bodybuilding, atkins, paleo, vegan, vegetarian, IIFYM, and more.

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