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## The Big Ketogenic Diet Cookbook: Healthy Tasty Ketogenic Diet Recipes: Easy Instructions. Nutritional Info. (Gift Set of 5 Downloadable Cookbooks Included) (Paperback)

By Patricia Fox

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Free Gift Set of 5 cookbooks Inside The Ketogenic diet is an efficient and popular way to weight loss and living healthy. Want to know how it works? This book will explain everything you need to know about keto diet and ketosis and will help you to cook many delicious HIGH-FAT and LOW-CARB dishes. What you will find inside this book? A lot of new and easy recipes for any occasion 30 - Days Meal Plan Comprehensible and simple guidance through the cooking process Easy to find ingredients Cooking and preparation timings Portions and nutritional info Also to be more convenient, this book is divided on 10 different chapters: Breakfast Lunch Side dishes Main Dishes Snacks and Appetizers Fish and Seafood Poultry Meat Vegetable meals Desserts Get your copy now and take the 5 Gift Cookbooks for FREE!.



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