



## Ketogenic Diet Cookbook: 24 Low Carb Ketogenic Diet Recipes for Ultimate Weight Loss, Metabolism Boosting and Healthy Living (Paperback)

By Brittany Samons

Mihails Konoplovs, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Low carb food is what usually prepared and eaten when starting and maintaining a ketogenic diet. These low carb recipes are proven to be healthy and easy. While trying these recipes at home, you may also modify these at your own taste as long as it still complies with the rules of ketogenic diet plan.



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