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Ketogenic Diet: 50 Quick and Easy Mug Recipes Coobook - Delicious Ketogenic Recipes That Take Only Minutes To Make

Jeremy Stone

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Never miss another Ketogenic meal with recipes that take only 5 minutes to make!
What if you always had enough time to make delicious Ketogenic Diet recipes? What if you had quick and easy Ketogenic recipes with all the nutritional information right in front of you?

Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us.

By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite.

Bestselling author Jeremy Stone will show you how you can make healthy Ketogenic meals that take only minutes to make in this extensive cookbook. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his tasty secrets to making Ketogenic Diet mug recipes that will help you save time and lose weight!

In this book, you will learn ...

- How to make over 50 Keto-approved mug recipes with full nutritional information
- An easy to understand overview of the Ketogenic Diet
- The benefits of mug recipes
- Why many other ketogenic cookbooks aren't really ketogenic
- How to make ketogenic mug recipes for any occasion; breakfast, main course, salads, snacks and side dishes.
- BONUS: 30 Additional Ketogenic Recipes E-Book

Here are just some of the exciting recipes you will find inside:

- Five-Minute Breakfast Sausage
- Coffee Cup Scramble
- Cumin, Sesame and Lemon Mug Cake
- Cheddar and Green Chile Mug Cake
- Breakfast Brownie Muffins
- Pumpkin Pie in a Mug
- Feta Broccoli and Brussels Sprouts Slaw
- Lasagna in a Bowl
- Meatloaf Mug
- Bacon, Chive, and Cheddar Mug Cake

- Coconut Flour Chocolate Cake in a Mug
- And many, many more!

Never skip another ketogenic meal again, get your copy today!

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From reader reviews:

Bobbi Gonzales:

A lot of people always spent their own free time to vacation or even go to the outside with them household or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read the book. It is really fun for yourself. If you enjoy the book which you read you can spent the whole day to reading a e-book. The book Ketogenic Diet: 50 Quick and Easy Mug Recipes Coobook - Delicious Ketogenic Recipes That Take Only Minutes To Make it doesn't matter what good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore quickly to read this book through your smart phone. The price is not very costly but this book has high quality.

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Lisa Alaniz:

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Charlotte Bernstein:

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