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Keto Diet: 60 Divine Ketogenic Diet Recipes

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The #1 Keto Diet Cookbook

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World Class Weight Loss

Welcome to the world's #1 high-fat, low-carb weight loss diet. The ketogenic diet turns your body into a fat-burning furnace and helps create an optimal state of being.

Join millions of others across the globe by ditching fad diets and turning to a proven solution which does not sacrifice taste or enjoyment of eating.

60 Easy to Follow Ketogenic Recipes

Packed into this book are 60 divine keto recipes that you will absolutely love. That's a whole month of dinner and dessert!

- 30 Delicious Dinners
- 30 Delightful Desserts

Nutritional Information Included

Unlike other cookbooks, our recipes include an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your macros.

It's up to you if you want to use this or simply enjoy the meals, but it's nice to know it's there.

The Science

Your body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis.

Here your body produces ketones created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones.

This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state.

Beyond Weight Control

Keto has its origins in treating healthcare conditions such as epilepsy, type 2 diabetes, cardiovascular disease, metabolic syndrome, auto-brewery syndrome and high blood pressure.

This diet will take you beyond typical weight control and into a new realm of total body health.

Finally, A Diet You Will Enjoy

Forcing yourself to eat bland, uninspired meals is not a long-term solution to obtaining a healthy body. You will be more likely to relapse or even abandon your diet altogether.

This ketogenic cookbook rekindles your love for food, meaning you will look forward to your every meal. When you enjoy what you are eating the results come easy!

Free Gift

For a limited time we are giving away our 'Top 10 Ketogenic Diet Mistakes' guide with this book so you can avoid costly errors and accelerate fat loss.

Buy now and get it FAST!

Tags: keto diet, ketogenic cookbook, ketogenic diet, ketogenic recipes, ketogenic diet recipes, keto recipes, keto diet, keto, weight loss, diabetes, epilepsy, LCHF

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Horace Godbolt:

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Darren Billups:

Often the book Keto Diet: 60 Divine Ketogenic Diet Recipes has a lot of knowledge on it. So when you read this book you can get a lot of help. The book was compiled by the very famous author. This articles author makes some research ahead of write this book. This particular book very easy to read you can obtain the point easily after looking over this book.

Carl Adams:

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Mary Bunch:

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