

Ketogenic Cookbook: 55 of The Easiest and Most Delicious Ketogenic Recipes on the Planet

By Sara Elliott Price

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Finally, A Ketogenic Cookbook That Makes It Easy To Live A Ketogenic Lifestyle!

This cookbook will allow you to make delicious, 100% ketogenic recipes in your own home! Easily and effortlessly!

In the 'Ketogenic Cookbook' you'll find delectable recipes that allow you to put the ketogenic diet directly into practice in your life! If you've read my book 'The Ketogenic Diet' then you already know what ketones are, what role they play in metabolism and also why the ketogenic diet is so good for you.

The Ketogenic Diet Can Prevent, Treat And Even Reverse A Whole Host Of Health Conditions...

You know that the ketogenic diet will easily burn off those pesky fat reserves you've been struggling with. Did you also know that the ketogenic diet can help lower your risk of cancer, speed up your metabolism, clear acne, fight multiple sclerosis, seizures, parkinson's and many other conditions that feed off of glucose?

We eliminate the excess glucose and health problems and excess weight seem to become a thing of the past. You may be wondering what you can cook in order to get these results and satisfy your tastebuds.

No Matter What You're Craving The 'Ketogenic Cookbook' Can Satisfy!

Everything from comfort food, healthy light dishes and even deserts to satisfy your sweet tooth are included. In the "Ketogenic Cookbook" you'll find out how to fix delicious meals that seem like a treat, but these meals are in fact your ticket to a healthier, fitter and happier you!

Inside You'll Find 55 Amazing Ketogenic Recipes Including...

- Pumpkin Pancakes
- Breakfast Burritos
- Almond Morning Muffins
- Zucchini Noodle Alfredo Pasta
- Cheesy Ketogenic Meatloaf
- Lemon Pepper Chicken with Cauliflower Rice
- Ham and Cheese Rolls with Cucumber bits
- Gooey Chocolate Brownies
- Peanut Butter Chocolate Cream Dream
- Plus, so many more...

Finally, a comprehensive Ketogenic Cookbook combining the best ketogenic diet recipes in one place, for easy reference, easy instructions and a delicious array of ingredients.

Are You Ready To Try Some New Ketogenic Recipes?

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Editorial Review

About the Author
Sara Elliott Price is a best selling author in the health and self development genres. From a very early age she knew she had a passion to help others become healthier, better versions of themselves and her dream has come alive through her writing.

Sara enjoys writing books on health and self-help topics as well as a sampling of other subjects that she is passionate about. She considers herself an avid learner--especially when it comes to nutrition and how our lifestyles affect our health.

In her spare time she enjoys practicing yoga, developing easy and delicious healthy recipes and spending time with friends and family.

Users Review

From reader reviews:

Linda Poteat:

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