



Ketogenic Diet Cookbook: 50 Low-Carb High-Fat Keto Recipes for Busy People to Lo (Paperback)

By Mr Anthony Evans

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you like an idea of weight loss eating bacon and different meat-based high-fat meals? Yes, it s real if you re in ketogenic diet! The ketogenic diet has become very popular nowadays. Its principle is based on the minimum carbohydrates intake and a large fat intake per day. Thanks to this diet your body will constantly be in the stage of ketosis. This is a natural process when the body digests food much more slowly than it usually does. A similar state of the body experiences in the survival mode. In other words, a ketogenic diet is low-carb, high-fat and moderete protein intake which causes the body to burn its own fat to generate energy for everyday life. When you re in the ketogenic diet maximum limit of carbohydrates is not more than 50 grams per day. To help you get all benefits from Ketogenic Diet we designed a Cookbook where: Collected most valuable breakfast, side and snack recipes You will enrich your life with healthy meals Your cooking level will increase You will lose your weight Under the cover of...



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