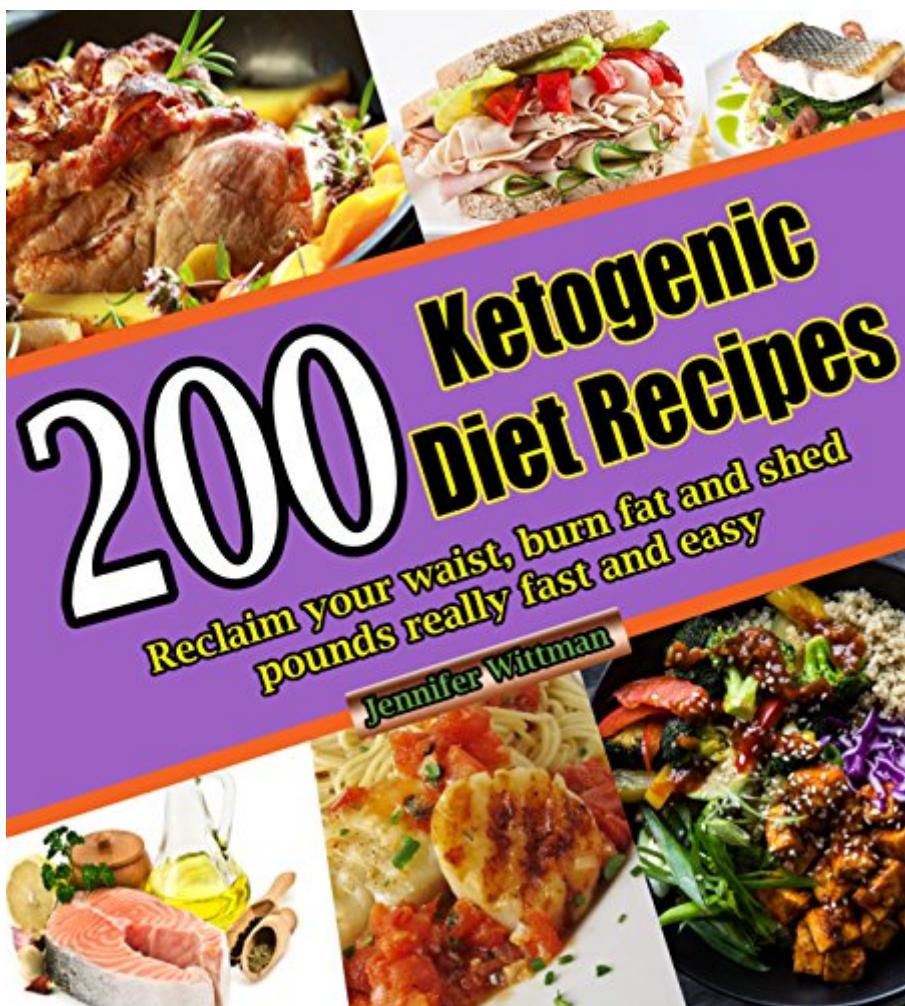


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# Ketogenic Diet: 200 Recipes, Reclaim Your Waist, Burn Fat & Shed Pounds Really Fast And Easy



## **Synopsis**

EAT FAT TO LOSE WEIGHT!! Yes you heard it right!!! I'm sure you've heard time and time again to keep away from fat in your diet in order to lose weight. What if I told you that the premise for that is not only misinformed but wrong? And you can still eat all your juicy and fatty foods while still maintaining a great physique and a healthy body? This diet replaces your body's main energy source from carbs and sugars to fat, which is a more effective way to burn fat at the same time! Get ready to turn the tables on your diet and start on a revolutionary ketogenic pathway that is both healthy and makes you feel great! GRAB YOUR COPY NOW TO ENJOY

## **Book Information**

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## **Customer Reviews**

Though I am not sticking to keto diet very strictly, I still like preparing keto recipes for dinners and lunches, as they are healthy and so delicious. So I am more than happy with this recipe book so far, as it offers just so many great meals to try! From basic to exquisite, just great!

This is a good book to give you different recipe options regarding Keto diet. Fantastic book for beginners with an informative intro to the diet. It also is a great guide for keto masters looking for new recipes. Definitely gave me ideas on good soups and fish dishes to incorporate into my meal rotation.

I have just skimmed the kindle edition I just purchased. The first recipe call for 12 rashers of bacon and 12 eggs. It does not say how many servings this is supposed to be.

I really wanted to lose weight that is why I grabbed this book. It is a strict low carb, high fat way of eating with protein restriction. I really need to maintain a healthy body weight and the collections of recipes here are good enough to maintain a healthy life style.

This book is packed with anything you may need to know about the Ketogenic Diet. It also is filled with great tips, recipes, and ideas! I'm in love with it and so thankful I found it. Every recipe I have tried so far is delicious and I have found no flaws whatsoever in this book. Very easy to read and follow.

TY

its okay

Loved some of the goodies great value for your money thanks

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