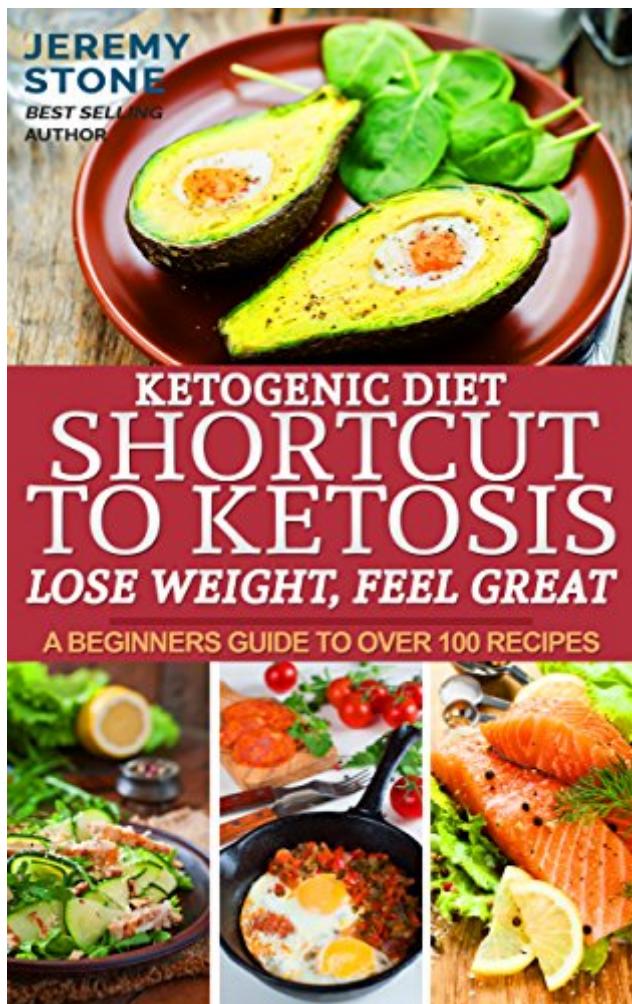


The book was found

Ketogenic Diet: Shortcut To Ketosis - Lose Weight, Feel Great - A Beginners Guide To Over 100 Of The Best Ketogenic Cookbook Recipes With Pictures





Synopsis

Want To Look Great And Feel Amazing Without Feeling Hungry? Want Some Of The Best Ketogenic Recipes With Full Color Pictures? This book could be the answer you're looking for... Shortcut to Ketosis: Lose Weight, Feel Great - A Beginners Guide to Over 100 of The Best Ketogenic Recipes With Pictures n PLUS A BONUS Book - The Top Ketogenic Diet Recipes 2017

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. This book is designed to empower you by providing easy to make recipes with pictures to help inspire you on your Ketogenic journey.

With Shortcut to Ketosis: Lose Weight, Feel Great you get ... Over 100 Delicious Recipes with Full Nutritional Breakdowns

Over 50 Full Color Pictures To Inspire You

Recipes for Breakfast, Lunch, Dinner and Snacks

Awesome Shortcuts To Help You Lose Weight Quick

Cooking And Preparation Times To Find The Quickest And Easiest Recipes

Get your copy today!

Learn How To Make These Delectable Recipes:

- Bacon Wrapped Scallops
- French Toast Pancake
- Pistachio-Crusted Sundried Tomato Goat Cheese Balls
- Bacon Bleu Zoodle Salad
- Cheesy Bacon Wrapped Hot Dogs
- Stir-Fried Kale with Bacon
- Tuna-Topped Gazpacho
- Pistachio-Crusted Salmon
- Zoodles with Lamb Meatballs
- Turkey Curry in a Hurry
- Orange Dijon Chicken
- Keto-lasagna
- Ham and Cheese Keto Stromboli
- Avocado Tuna Melt Bites

And much, much more! What are you waiting for? Grab a copy and get started on reaching your goals today!

Book Information

File Size: 9596 KB

Print Length: 264 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 11, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01GYQN0O6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #63,353 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5

inÃ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Middle

Eastern #22 inÃ Books > Cookbooks, Food & Wine > Regional & International > Middle Eastern

#71 inÃ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Ketogenic

Customer Reviews

I have been slowly and surely losing weight on the ketogenic diet for a few months now and love the kind of meals i am able to eat daily. This book is a great compliment to the diet and i found it very helpful- containing many tips and pieces of advice to help you along. The book itself includes many nice recipes that I have already tried including Paleo mayonnaise and Tuna burgers.

IÃƒÂ¢Ã ¬Ã â„¢ve been eating a diet very similar to this for the past year. I definitely agree with how this book says that fats arenÃƒÂ¢Ã ¬Ã â„¢t as bad as they are made out to be. Eating the way this book describes I have greatly improved my overall health. This book confirms to me what IÃƒÂ¢Ã ¬Ã â„¢ve been doing. I highly recommend this book.

Impressive recipes! This is more than just a cookbook! This serves very well as an informative 'introduction' to ketogenic eating along with so much advice on what to eat, how to cook it, as well as sweeteners, and why we gain health eating this way. I've been a ketogenic eater for 16 years... helping others gain health.. so I didn't 'keep' this book.. I gave it to a very dear friend who is also starting to eat ketogenically. Really worth recommending!

This book provides Over 100 Delicious Recipes with Full Nutritional information. Color Pictures of the recipes that really inspired me. it contains Recipes for Breakfast, Lunch, Dinner and Snacks as well. and also this book provides us great Shortcuts To Help us Lose Weight Quick while eating delicious recipes. and also there is Cooking And Preparation Times for each recipe that really helpful us To Find The Quickest And Easiest Recipes. Excited to taste these recipes. AWESOME.

Written very well by a knowledgeable author! As a Nurse and Diabetic educator, this is the diet I teach my students and live myself. Living keto adapted makes one feel a lot better and have more

energy. Buying this book and following it will be the best thing you ever do for yourself. The recipes are all delicious and easy to follow!

what a lovely book, i always wanted to change my diet and feel better, this book was the beginning to it , i started following and cooking the recipes in this book and i already start to feel the change in my body and how i feel, the author even use pictures to illustrate the texts wish is a real plus to the book, i recommend this book to everyone

Liked it very much.....very good recipes

If you want to lose weight and have tried everything, you need to read this book. Jeremy Stone has a quick and easy way of explaining why this lifestyle works. Once you understand it, I recommend you start with his meal plan. After you are a believer, you will definitely be buying his other books.

[Download to continue reading...](#)

Ketogenic Diet: Shortcut to Ketosis - Lose Weight, Feel Great - A Beginners Guide to Over 100 of The Best Ketogenic Cookbook Recipes With Pictures Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Ketogenic Diet: 3 in 1 Cookbooks With Over 250 Recipes From The Best-Selling Ketogenic Diet Books: Includes - Shortcut To Ketosis, Essential Ketogenic Meal Prep Guide &100 Irresistible Fat Bombs Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Ketogenic recipes, Ketogenic Cookbook for Weight Loss, Ketogenic Cookbook for beginners) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food,

Ketogenic diet cookbook) (Volume 1) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Ketosis: Ketogenic Diet: 2 in 1 Box Set: Includes over 100 Top Ketogenic Dessert and Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) (Volume 4) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, ... carb, low carb diet, weight loss) (Volume 1) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Ketogenic Diet For Beginners: The Step By Step Guide and 25 Recipes to Help You Get Healthy and Lose Weight Fast (Cookbook, Easy Recipes, Keto Diet, Ketosis, Weight Loss,) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Ketogenic Diet Weight Loss Recipes Box Set 2 Books in 1: Burn Fat and Achieve Rapid Weight Loss For Beginners through Low Carb and High Fat Recipes Ketosis ... fitness and ketosis and get a Dream Body) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)