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# Ketogenic Diet: 50 Quick And Easy 5 Ingredient Ketogenic Recipes Cookbook



## Synopsis

Never miss another Ketogenic meal with recipes that take only 5 minutes to make! What if you always had enough time to make delicious Ketogenic Diet recipes? What if you had quick and easy Ketogenic recipes with all the nutritional information right in front of you? 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. Bestselling author Jeremy Stone will show you how you can make healthy Ketogenic meals that take only minutes to make in this extensive cookbook. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his tasty secrets to making Ketogenic Diet mug recipes that will help you save time and lose weight! In this book, you will learn ... How to make over 50 Keto-approved mug recipes with full nutritional information An easy to understand overview of the Ketogenic Diet The benefits of mug recipes Why many other ketogenic cookbooks aren't really ketogenic How to make ketogenic mug recipes for any occasion; breakfast, main course, salads, snacks and side dishes. BONUS: 30 Additional Ketogenic Recipes E-Book Here are just some of the exciting recipes you will find inside: Five-Minute Breakfast Sausage Coffee Cup Scramble Cumin, Sesame and Lemon Mug Cake Cheddar and Green Chile Mug Cake Breakfast Brownie Muffins Pumpkin Pie in a Mug Feta Broccoli and Brussels Sprouts Slaw Lasagna in a Bowl Meatloaf Mug Bacon, Chive, and Cheddar Mug Cake Coconut Flour Chocolate Cake in a Mug And many, many more! Never skip another ketogenic meal again, get your copy today!

## Book Information

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## Customer Reviews

This is a collection of 50 delicious and looks so healthy recipes under ketogenic diet. I already got my favorite dishes that I tried and they just love it. I tried cheesy chicken slow cooker and it was awesome! My mom loves the almond crusted tilapia and the brown butter roasted pecan with rosemary but the total hit was the sausage and cream cheese stuffed mushrooms. What makes this book unique is that it has calorie labels per suggested servings and it was really amazing because you know how much calorie intake you had or you will have per servings of the dish.

I am convinced that it is essential to read a book like this on ketogenic diet to clear all the misconceptions, the promoters of ketogenic eating methodologies are emphatically of the perspective that starches, particularly the high glycemic index ones, are the real reasons why individuals put on weight. Starchy foods are by and large metabolized to deliver glucose, a type of basic sugar that is, for the most part, viewed as the favored vitality hotspot for the body as it is a quicker burning energy.

Great Book! We all knew that finding healthy and easy recipes in Ketogenic Diet are that easy. And thank you to this book because it makes our life easy. 50 quick and easy 5 ingredients are included on this book and require only 20 minutes preparation time. The overview of ketogenic diet explains well and easy to understand. This is the best book of keto diet so far. I will definitely share this to all my friends who are into ketogenic diet. Thumbs up to the author!

Are you searching high and low just to find the right kind of diet you needed? Why not try this one.

Ketogenic diet is a powerful and healthy one to perform. The recipes that we are going to make are easy and not time consuming. They are all nutritious and good for our body. Making our immune system to boost and healthy. You will definitely be amazed at the effects that it gives us. It is because this kind of diet will help to reduce weight in a natural way.

This is a pretty good cookbook. I've been reading a lot about ketogenic diets lately because it seems like a very healthy choice. A few things I like about the recipes in this book is that you don't need any cooking experience. I can't cook well and I just wanted the simplest options I can use for anything. I've found the ketogenic diet is great for energy and focus and it seems the recipes in here are very conducive to that.

The author has presented a fabulous guide book on Ketogenic diet with amazing recipes and taste. This guide book has described these recipes with ingredients well that are helpful in preparing these recipes. The one amazing thing about Ketogenic is that that these can be prepared in just 5 minutes or so quick. There is given step by step 50 recipes with proper information. Must read it!

Ketogenic diets are proven to be extremely effective for getting lean because you reset the body's enzymatic machinery to use fat as its primary fuel source in the absence of carbs. The Ketogenic Diet consists of high amounts of fat, some proteins, and minimal carbohydrates. In this diet, you don't have to count your calories or the amount of fat you are consuming. It was an easy read and very informative. Easy to read and understand the concept of ketogenic diet. It would be nice if included some recipes as well. This book offers up a great variety of different types of foods that you can make with a good variety of ingredients. Good information. This is a good quick read for anyone wanting to start the keto way of life highly recommended this book.

The 50 quick and easy ketogenic diet is here. I am craving with this kind of food because I can prepare it easily and it can help me for my diet. I want a healthy living and this delicious food I've learned is the best alternative. Losing weight is my goal because my graduation pictorial is coming soon and I want to be fit and sexy that time. Great book and has an easy understandable overview of the ketogenic diet.

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Diet, Weight Loss, Epilepsy, Diabetes) Ketogenic Diet Cookbook: AWARD WINNING Low Carb Recipes for Health and Weight Loss with the Keto Diet (tasty weight loss ketogenic cookbook with fat bomb ketogenic desserts)

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