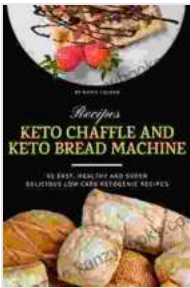


60 Easy Healthy And Super Delicious Low Carb Ketogenic Recipes In Keto Cookbook

The ketogenic diet is a low-carb, high-fat diet that has been shown to be effective for weight loss, blood sugar control, and reducing inflammation. This cookbook contains 60 easy and delicious low-carb ketogenic recipes that will help you get started on your keto journey.



Keto Chaffle and Keto Bread Machine Recipes: 60 Easy, Healthy and Super Delicious Low-Carb Ketogenic Recipes (2 in 1 Keto Cookbook Bundle) by Marie Folher

★★★★☆ 4.7 out of 5

Language : English
File size : 8587 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 192 pages
Lending : Enabled



What is the ketogenic diet?

The ketogenic diet is a low-carb, high-fat diet that forces the body to burn fat for fuel instead of carbohydrates. This can lead to weight loss, improved blood sugar control, and reduced inflammation.

Benefits of the ketogenic diet

The ketogenic diet has been shown to have a number of benefits, including:

* Weight loss * Improved blood sugar control * Reduced inflammation * Improved cholesterol levels * Increased energy levels * Reduced risk of chronic diseases

How to follow the ketogenic diet

To follow the ketogenic diet, you need to limit your carbohydrate intake to 20-50 grams per day. You should also eat plenty of healthy fats and moderate amounts of protein.

Ketogenic diet food list

Here is a list of foods that are allowed on the ketogenic diet:

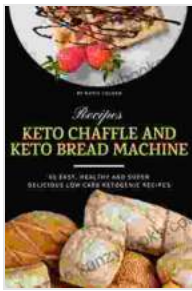
* Meat * Poultry * Fish * Eggs * Dairy products * Nuts * Seeds * Olive oil * Coconut oil * Avocado oil * Butter

Ketogenic diet recipes

This cookbook contains 60 easy and delicious low-carb ketogenic recipes that will help you get started on your keto journey. The recipes are divided into the following categories:

* Breakfast * Lunch * Dinner * Snacks * Desserts

The ketogenic diet is a safe and effective way to lose weight and improve your health. This cookbook contains 60 easy and delicious low-carb ketogenic recipes that will help you get started on your keto journey.



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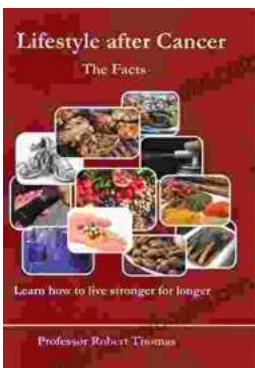
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