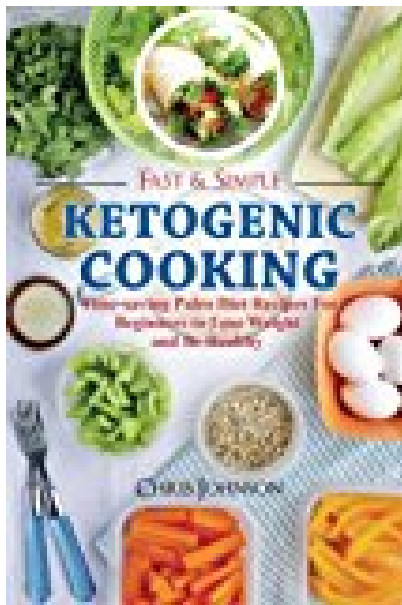


Fast & Simple Ketogenic Cooking Time-saving Ketogenic Diet Recipes for Beginners to Lose Weight and Be Healthy



BOOK DETAILS

- Author : Chris Johnson
- Pages : 66 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
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BOOK SYNOPSIS

Get The Amazing Benefits of Ketogenic Cooking... ** Get this book by Amazon Author of Health, Chris Johnson ** Have you struggled to Lose Weight and Be Healthy? This book gives you the step by step game plan to do just that, as well as give you Fast & Simple Recipes to live a healthy lifestyle... What is the Ketogenic Diet? KETOGENIC may sound like a hardcore dieting technique for Olympians, but the truth is, Ketogenic Diets are used by anyone wanting to shift their bodys nutritional intake from one that is a sugar-burner to a fat-burner. Yes, you read that right. Ketogenic Diets are designed to burn fat instead of burning sugar. Ketogenic Diet is a revolutionary way in aiding in many food-related diseases such as diabetes, epilepsy, and obesity and it is also is used to get the body toned and sculpted. FAST & SIMPLE KETOGENIC COOKING is a great book to have if you want to try out this diet, but you are unsure of where to start. It is also a great book for those of you who are always on the go and need quick and easy recipes to prep and cook, or just need to be guided step by step until you can make these meals with your eyes closed (dont close your eyes while cooking though- its dangerous). The great thing about this book is that it has quick and easy meals to put together so you can be assured of a meal between a 10 to 30-minute time frame. These recipes also aid in healing your body when it is in ketosis. Using Paleo Principles as the foundation for these recipes, you will find wholesome ingredients that will make you want to continue your Ketogenic Diet for as long as you can. The options for food are endless when it comes to cultivating a Ketogenic Diet. Sooner or later, youll find that it will become part of your lifestyle. This book is divided into two parts. The first part will give you a comprehensive idea of what the Ketogenic movement is all about: the benefits, how to measure ketosis, and the differences between Ketogenic & Paleo. The second part of the book will look at all the fantastic, simple and easy to make recipes! With this book, you will get mouth-watering, easy yet nutritious meals every day that will help you work towards your body goals!

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