



Low Carb: 90 Delicious Ketogenic Diet Recipes: 30 Days of Low Carb, High Fat Breakfast, Lunch & Dinner (Paperback)

By Recipes365 Cookbooks

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The #1 Low Carb Diet Cookbook ? FLASH SALE + FREE GIFT, GET IT FAST! ? World Class Weight Loss Welcome to the world s #1 high-fat, low-carb weight loss diet. The ketogenic diet turns your body into a fat-burning furnace and helps create an optimal state of being. Join millions of others across the globe by ditching fad diets and turning to a proven solution which does not sacrifice taste or enjoyment of eating. 90 Easy to Follow Ketogenic Recipes Packed into this book are 90 delicious keto recipes that you will absolutely love. That s a whole month of breakfast, lunch and dinner! 30 Yummy Breakfast Recipes30 Luscious Lunches30 Delicious DinnersNutritional Information Included Unlike other cookbooks, our recipes include an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your goals. It s up to you if you want to use this or simply enjoy the meals, but it s nice to know it s there! The Science Your body normally converts carbohydrates to glucose for energy. By limiting your...



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