



Keto Diet Recipes: Keto Meal Plan, Keto Slow Cooker (Paperback)

By Cameron Walker

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you done with cookbooks that are not really Keto, contain recipes with too many carbs and more protein than fat?! Then this Ketogenic bundle offer is for you!! All original recipes have really high fat and way less than 10 gr of net carbs per meal! This offer includes 2 books: Book1: KETO MEAL PLAN: YOUR COMPLETE 30 DAYS KETO-ADAPTATION RECIPE COOKBOOK The complete monthly guide schedule for breakfast, snacks, lunch and dinner for your best and fastest adaptation to the Keto lyfestyle Over 77 healthy and delicious whole-food recipes that will help your body burn fat and keep your cravings to zero (full images included!) Many tend to exceed with some macros or in calories or can fall victim to the temptation to give up before they can truly experience the benefits of being keto-adapted. Your 30-Day Ketogenic Meal Plan is not like most of the keto or recipes books you have read. It makes things simple, by eliminating confusion and some of the myths that exist in the low carb community and by laying out the milestones you must observe...



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