

Ketogenic Diet Cookbooks: : 2 in 1 Books. Ketogenic Diet for Beginners with Meal Plan. 5 Ingredient Keto Crock Pot Recipes to Lose Weight Fast (Paperback)



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Reviews

Very helpful to all of group of men and women. It can be written in easy terms instead of confusing. You will like how the writer wrote this book.

(Dr. Daren Mitchell PhD)


KETOGENIC DIET COOKBOOKS: : 2 IN 1 BOOKS. KETOGENIC DIET FOR BEGINNERS WITH MEAL PLAN. 5 INGREDIENT KETO CROCK POT RECIPES TO LOSE WEIGHT FAST (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for easy Keto recipes that fit with your lifestyle and busy schedule? Look no further than Ketogenic Diet Cookbooks, where you'll find nutritious, flavorful, low carb recipes that will easily transform into mouth-watering meals for rapid weight loss. For your satisfaction, this two Ketogenic Cookbooks offers: Book #1 While creating this book, I considered hundreds of reviews from ordinary people, trying to understand what they want from a diet. I have offered three simple concepts that make this cookbook invaluable (Adele Baker): 55+ budget-friendly recipes with simple ingredients recipes that are grouped according to preparation time ketogenic diet guide for beginners with Shopping List Keto Diet Meal Plan Book #2 50+ Keto Crock-Pot Recipes that are big on flavor, imaginative in their variety, and easy to make, featuring lots of fresh, healthy, and nutritious ingredients 5-Ingredient well-tested, weekday-friendly recipes that are both inspiring and trustworthy Simple dinner ideas, low carb desserts, chicken, beef and other fantastic recipes Special chapter for soups and vegetables lowers Crock Pot handy tips, which'll help you to utilize your machine like a PRO Please note! Two options of the Paperback are available: Full-color edition - Simply press See all formats and versions above the price. Press left from the paperback button Black and white version As a GIFT, at the end of the book, I'll give you a BONUS! TOP recipes for any occasion from the best-seller author Adele Baker Just remember! Investment in your health is the best present that you could ever make for yourself. Be Happy! Be Healthy! Use these healthy and easy recipes and start cooking today!.

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