



Ketogenic Diet: 50 Quick and Easy 5 Ingredient Ketogenic Recipes Cookbook

Jeremy Stone

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Get Insanely Easy and Delicious Ketogenic Recipes That Can Be Made Using Only Five Ingredients! What if you always had enough time to make delicious **Ketogenic Diet** recipes? What if you had quick and easy **Ketogenic** recipes with all the nutritional information right in front of you?

Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us.

By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite.

Bestselling author Jeremy Stone will show you how you can make healthy Ketogenic meals that take only minutes to make in this extensive cookbook. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his tasty secrets to making Ketogenic Diet 5 ingredient recipes that will help you save time and lose weight!

In this book, you will learn ...


- How to make over 50 Keto-approved 5 ingredient recipes with full nutritional information
- An easy to understand overview of the Ketogenic Diet
- The benefits of 5 ingredient recipes
- Why many other ketogenic cookbooks aren't really ketogenic
- How to make ketogenic 5 ingredient recipes for any occasion; breakfast, main course, salads, snacks and side dishes.
- BONUS: 30 Additional Ketogenic Recipes E-Book

Here are just some of the exciting recipes you will find inside:

- Sausage Gravy
- Apple Sausages
- Spicy Garlic Butter Shrimp
- Sautéed Scallops with Garlic and Parsley
- Perfect Boneless Pork Tenderloin
- Almond-Crusted Tilapia
- Cheesy Chili Dip
- Brown-Butter Roasted Pecans with Rosemary
- Bacon-Jalapeño Poppers
- Classic French Onion Soup
- And many, many more!

Never skip another Ketogenic meal again, get your copy today!

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From reader reviews:

Norma Lorentzen:

People live in this new day time of lifestyle always attempt to and must have the extra time or they will get lot of stress from both day to day life and work. So , when we ask do people have free time, we will say absolutely yes. People is human not just a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to you of course your answer will probably unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative within spending your spare time, typically the book you have read is actually Ketogenic Diet: 50 Quick and Easy 5 Ingredient Ketogenic Recipes Cookbook.

Wayne Sutphin:

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Corey Mason:

In this time globalization it is important to someone to find information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher which print many kinds of book. Often the book that recommended to you personally is Ketogenic Diet: 50 Quick and Easy 5 Ingredient Ketogenic Recipes Cookbook this guide consist a lot of the information of the condition of this world now. This book was represented just how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The actual writer made some exploration when he makes this book. Honestly, that is why this book suited all of you.

Cynthia Tso:

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