



Ketogenic Diet: Nutritious Low-Carb, High-Fat Ketogenic Recipes to Heal Your Body and Live Healthy (The Ketogenic Diet and Ketogenic Cookbook Book 1)

Cynthia Mitchell

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Are you looking for a SERIOUS Ketogenic Diet Recipe Book that REALLY WORKS?

(Exclusive Ketogenic Information and Low-Carb Ketogenic Shopping List inside!)

A Ketogenic Dieting Masterpiece! Over a million people in 2015 scoured the internet for ways to Lose Weight and Eat Healthy Meals through Low-Carb Dieting, but struggled to grasp its many complexities in hope of attaining the benefits of Fast and Healthy Weight Loss.

The Wait is over. In this book of Exclusive Ketogenic Diets you'll unlock the weight loss secrets of Low-Carb dieting to completely transform the way you eat, prepare your Ketogenic diet, and your meals. With some of the TOP Recipes for breakfast, lunch, and dinner, Cynthia Mitchell has your diet covered and your journey into a slimmer and healthier you ready to be unlocked!

In this Feature Packed Book You'll Get EXCLUSIVE information on:

- Ketogenic Diet Recipe Shopping List
- Ketogenic Diet Recipe Shopping List Notes
- All about the Ketogenic Diet
- Ketogenic Dieting on Professional Athletes
- Ketogenic Diet Breakfast Recipes
- Ketogenic Diet Lunch Recipes
- Ketogenic Diet Dinner Recipes
- Ketogenic Diet Reader Questions
- And much, much MORE!

Experience these Top Ketogenic Diet Recipes:

- Delicious Low-Carb Sausage Patty Surprise
- Homemade Low-Carb Egg Baked Mini-Muffins

- The Bold American Low-Carb Cheddar and Onion Sausage Casserole
- The Delicious Cheesy Pizza Bucket Low-Carb Surprise
- The International Low-Carb Meatloaf
- The Super Cheesy Zucchini and Cheese Ultimate
- And much, much more!

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To experience these fantastic Ketogenic Diet Recipes with shopping list and information included, click the link above to download this book to your tablet, smart phone, computer, or Kindle device.

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