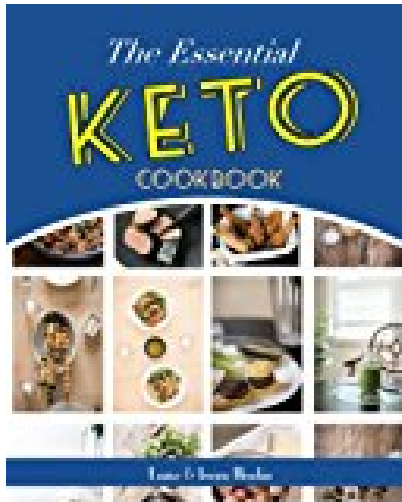


# The Essential Keto Cookbook 124+ Ketogenic Diet Recipes Including Keto Meal Plan & Food List

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## BOOK DETAILS

- Author : Louise Hendon
- Pages : 202 Pages
- Publisher : J&L Publishing LLC
- Language : English
- ISBN : 1941169066

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## BOOK SYNOPSIS

124+ ketogenic diet recipes to help you feel energized, regain your health, lose weight, and keep you in nutritional ketosis. There are 200+ pages in this full-color and beautifully-designed ketogenic cookbook, and they are filled with helpful cooking tips, high resolution recipe photos, as well as scrumptious and easy keto recipes. The Essential Keto Cookbook also includes a KETOGENIC MEAL PLAN + KETOGENIC DIET FOOD LIST so you'll never be lost on the keto diet again! We've got you covered from morning til night - there are breakfast keto recipes, keto snack recipes, keto dessert recipes, as well as keto appetizer, entree, side dish, and drink recipes! Enjoy ketogenic recipes like: Creamy Breakfast Porridge, Fiery Buffalo Wings, Jalapeño "Corn" Bread, Mini Burgers, Cauliflower "Rice," Chocolate Biscotti, Thai Chicken Pad See Ew, Coconut Ghee Coffee, Easy Bone Broth, Chinese Pork Spare Ribs, Fish Tacos, Beef Curry, Popcorn Shrimp, Chocolate Coffee Coconut Truffles, and 110+ more keto recipes that will delight your tastebuds, nourish your body, and help you lose fat and stay in ketosis. All the recipes in this cookbook are fully compliant with the ketogenic diet and are also sugar-free, low-carb, gluten-free, grain-free, dairy-free, and legume-free, but yet still super tasty! So you can enjoy all these amazing low carbohydrate meals knowing that you'll not only be losing weight by following a ketogenic diet but also be improving your health by using low-inflammatory ingredients that are high in nutrients and low in toxins. To ensure you are eating low-inflammatory foods, we've also kept the use of nuts and seeds to a minimum and omitted all dairy (except ghee, which can be substituted) from the recipes. We want to help you not only to lose weight, but also to look healthy, feel full of energy, and keep that weight off for good! And this cookbook is designed to help you on that journey.

### **THE ESSENTIAL KETO COOKBOOK 124+ KETOGENIC DIET RECIPES**

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