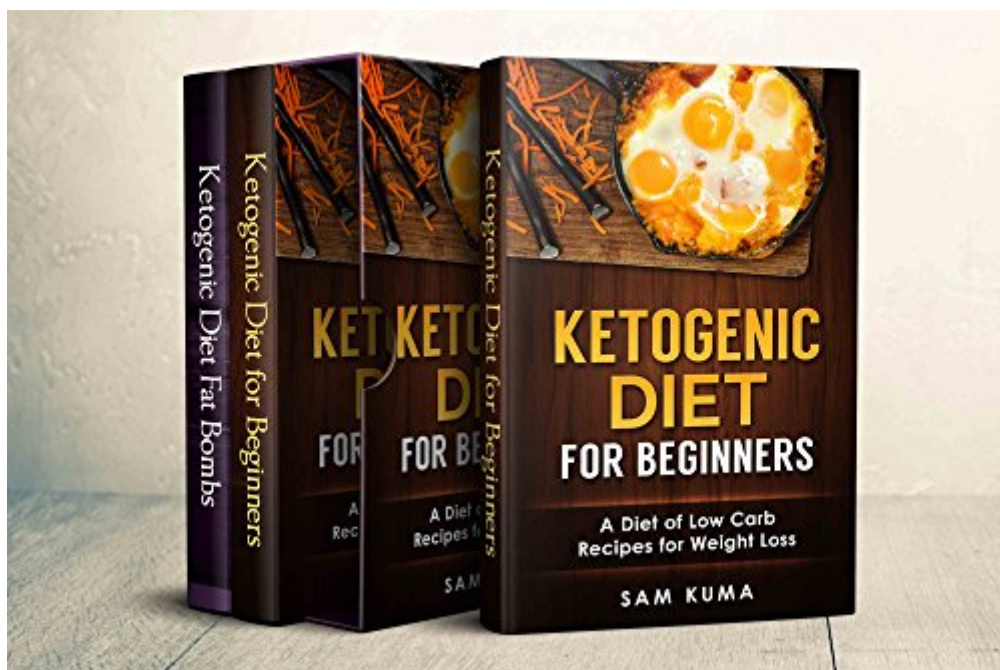


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# Ketogenic Diet Weight Loss Recipes Box Set 2 Books In 1: Burn Fat And Achieve Rapid Weight Loss For Beginners Through Low Carb And High Fat Recipes Ketosis ... Fitness And Ketosis And Get A Dream Body)



## Synopsis

The Ketogenic Diet Box Set (2 Books in 1 with Free Gift) Your best guide to weight loss

**Book 1: Ketogenic Diet for Beginners** This book is a guide for all those who want to follow the Ketogenic Diet, but have no clue where to begin. It contains detailed information as to what the Ketogenic Diet is, the do's and don'ts of the diet and a bunch of recipes that will help you kick-start your journey! This book is full of Ketogenic Diet-friendly recipes for a variety of meals, such as soups, salads, side dishes, main courses, Ketogenic snacks and last, but not least, desserts! All the recipes in this book are quick and easy to prepare and you will not need to spend hours in the kitchen. All the ingredients in the recipes are easily available and you do not need to go hunting for expensive specialized ingredients!

**Here Is A Preview Of What You'll Learn...**

**What is the Ketogenic Diet**

**Ketogenic Diet Breakfast Recipes**

**Ketogenic Diet Soup Recipes**

**Ketogenic Diet Salad Recipes**

**Ketogenic Diet Main Course Recipes**

**Ketogenic Diet Side Dishes**

**Ketogenic Diet Desserts**

**Book 2: Ketogenic Diet Fat Bombs** Fat bombs are nothing but a healthy combination of foods that are rich in fat and create an explosion of nutritious flavor. This is a healthy way to fuel your body through this diet while satiating your cravings for something sweet. When you are consuming a fat bomb, there are certain benefits that you experience. The process of fat loss is accelerated, you will find a surge in your energy levels and feel more vitalized, you will be able to control your appetite, your hormones would be thoroughly balanced and your blood sugar levels will be low. This also lowers your cholesterol. Another important benefit of munching on these Ketogenic desserts is that your mental focus improves. All the recipes given in this book have been developed keeping in mind the requirements of the Ketogenic diet. The recipes have been tried and tested. The results have always been surprisingly good. You will not only be able to sneak in a sweet treat when you crave for one, but you will not be putting on any extra weight while doing so. In fact, you will be shedding those extra kilos. Here are a few of the amazing recipes included.....

**Tiramisu Ice Cream Fat Bombs**

**Pumpkin CheeseCake Fat Bomb**

**Almond Butter Bombs**

**Easy Lemon Fat Bombs**

**Peppermint Fat Bombs**

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## Book Information

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## Customer Reviews

I have been eating keto lately and some of the recipes I use are becoming stale and boring. I love some of the recipes in the first book, I cannot wait to try the shepherd's pie and the pad Thai, 2 favorite dishes of mine that I have been missing. The recipes don't use many ingredients, they are not lengthy and seem very easy for a novice cook. The only thing I did not like about the first book was there is no nutritional information and there are no pictures. The second book is ALL desserts!!! YUM and omg do not look at the pictures if you are hungry. These look so amazing, smoothies, fat bombs, pumpkin cheesecake, coconut mounds oh my! I love how the pictures are actual photos that someone took after making the recipe. They are not photo shopped to look perfect so I believe my recipe attempts will turn out similar (I hope). I will be saving these recipes and trying out several very soon!

I have not heard much about the Ketogenic Diet but I thought this book would be very interesting. It is! It is full of recipes I never thought you could make without carbs.... especially pizza bites! I printed that off and am going to try them next weekend. I figure if they taste good I can make a ton of them and freeze them for a light healthier snack. I also found strawberry cheesecake - now that what I'm talking about - sounds so yummy! This set literally is crammed with recipes that are easy and simple with not a hundred ingredients to make. Im going to be trying a few of these over time and see just how good going on a Ketogenic Diet is. Highly recommend!

I have been wanting to start eating a Keto diet but a lot of the things I have been reading are a bit

overwhelming and confusing. I downloaded this to my Kindle app. There is some good information for a beginner and tons of recipes. I like the recipes because they only have a few simple ingredients that can be found at most regular grocery stores. The recipes are really quick to make so I'm not spending a lot of time in the kitchen. My favorite is the smoothie recipes.

My sister and friends are all talking about the Ketogenic diet and how it's helping them. I had no clue what they were talking about so I got this book. It's very informative. It gives great recipes for realistic food that I can add to our family meals. I like that the Table of Contents is clickable so it'll take you to a specific recipe or section of the book.

I have been hearing a lot about Keto diets recently, so I was excited to start reading this book to learn more for myself. I personally am not on a strictly Keto diet, but do follow Paleo eating - so many of the recipes are useful for both. :)

Good book, good recipes. I only gave a 4 instead of a 5 because i am allergic to any artificial sweetner but i will figure out how to work around it. The fat bombs looked so amazing and there are so so many!

As always, a quality cookbook from Sam. He is an absolute favorite when it comes to inspiration for my Vegan, healthy lifestyle!

Never heard of the Ketogenic Diet until today. I learned of another low-carb diet. I received this # eBook free through Kindle Unlimited. I was amazed at the kinds of recipes that can be made and STILL be filling enough. It's definitely a different lifestyle and I learned a lot from the eBook. The explanations were easy and the recipes are even easier to replicate. Thank you for offering his book for free!

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