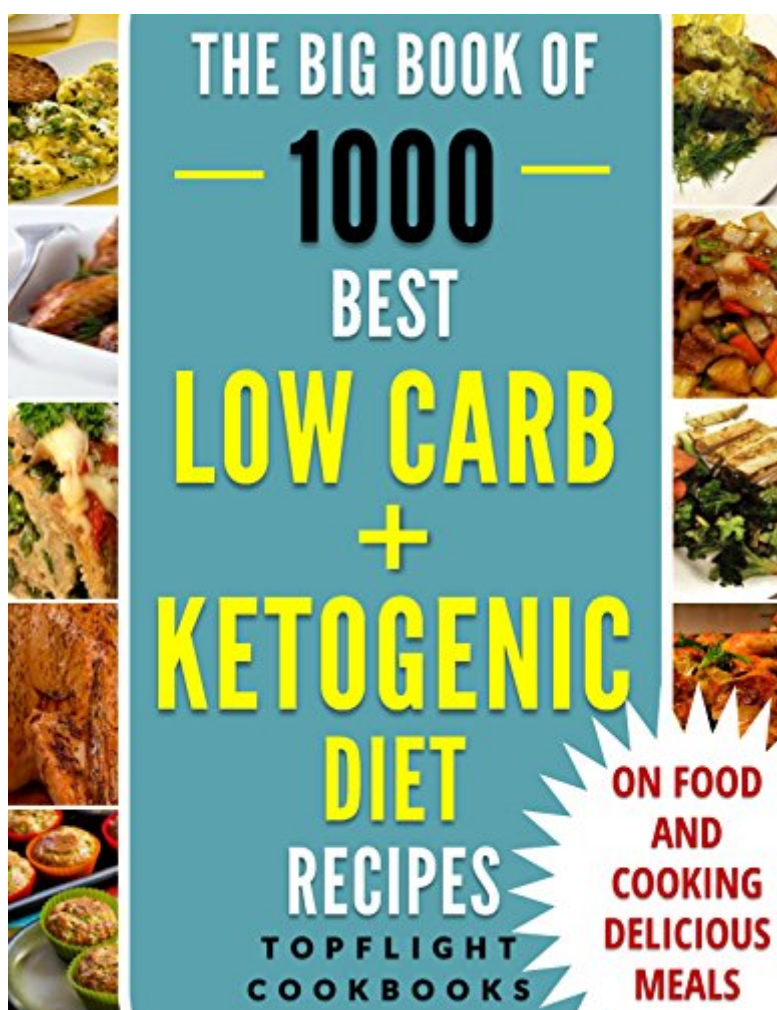


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# LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): Low Carb Cookbook, Ketogenic Diet For Beginners, Low Carb Diet For Beginners, Low Carbohydrate Diet, Ketogenic





## Synopsis

Do you want to lose weight, belly fat, improve your overall health, improve insulin sensitivity for diabetes and prediabetes, gain a myriad of other health benefits from heart disease, cancer, Alzheimer's disease, epilepsy, brain injuries, Parkinson's disease, polycystic ovary syndrome to acne?\*\*\*\*\*LIMITED TIME PROMOTIONAL OFFER\*\*\*\*\*Look no further and kick-start your low-carb and Ketogenic lifestyle today! It is now a scientific fact that low-carb diets work especially for weight loss as has been proven in more than 20 quality studies on humans. Scientific studies have shown that low-carb diets cause 2 to 3 times more weight loss than low-fat diets with no health hazard side effects. Instead, low carb diets cause huge improvements in the body for many risk factors that include weight loss, losing belly fat, reduced inflammation, decreasing blood sugar and blood pressure among other health benefits. Low carb living and the low carb diet is not a fad. It simply works and the great thing is, you get to eat as much as you want! The Ketogenic diet has been shown by over 20 scientific studies to have superior abilities for weight loss and improving overall health. Besides helping you to lose weight, the ketogenic diet has health benefits against diabetes, Alzheimer's disease, cancer, epilepsy, and heart disease among others. The ketogenic diet is a low carb, adequate protein, high-fat diet. This cookbook is a box set of low carb recipes and ketogenic diet recipes. It contains over 450 low carbohydrate diet recipes and over 600 ketogenic diet recipes. Overall, it contains about 1075 recipes. In this cookbook, you will find: - 358 most delicious low carb recipes- 101 most delicious gluten-free, sugar-free low-carb recipes- 450 most delicious ketogenic diet recipes- The advantages of the low carb diet- Low Carb foods- Who the low carbohydrate diet is meant for- Who should avoid the low carb diet- Smart tips on the low carb diet- A description of What is the Ketogenic Diet? - The history of the ketogenic diet - The science behind the ketogenic diet - The health benefits of the ketogenic diet - How to plan your ketogenic diet - The ketogenic diet food list - Your ketogenic diet shopping guide - Top 15 tips for success with the keto lifestyle - 14-day sample meal plan to get you started with the ketogenic diet - Plus so much more! With the tons of health benefits you stand to gain, you can never go wrong with the low carb and ketogenic diets. So what are you waiting for? Scroll up, click Buy Now, and get started with your low carb and ketogenic diet lifestyle today! Tags: low carb cookbook, low carb diet, low carb high fat, low carb slow cooker, low carb diet for beginners, low carb diet free kindle books, low carb recipes, low carb keto diet, ketogenic diet, ketogenic diet free kindle books, keto, keto diet, ketogenic, ketogenic diet for beginners, ketogenic cookbook, keto clarity, ketosis, ketogenic diet recipes, ketogenic diet cookbook, ketogenic diet mistakes, ketogenic desserts, ketogenic diet plan, ketogenic diet for weight loss, weight loss, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb

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## **Customer Reviews**

There's a whole lot of keto-centric cookbooks flooding the market, written by authors hoping to cash in on this effective weight loss trend. Unfortunately, rewriting high carb recipes to sort-of-be low carb does not a ketogenic cookbook make! Even worse, when cookbooks like this one feature recipes that call for ingredients that are antithetical to a low carb regimen, sugar, bread crumbs, flour, etc, it becomes a waste of time money--- now, you're spending time and effort low carving your brand new "low carb" cookbook! Not a great purchase, in my opinion. Nevertheless, there are some good

recipes in this compilation-- just add up your counts yourself, for accuracy!

Helpful for low carb eating

If you are following the keto diet stay away! The recipes call for ingredients like breadcrumbs and white bread which aren't ketogenic. Such a bait and switch.

Lots of great recipes.

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