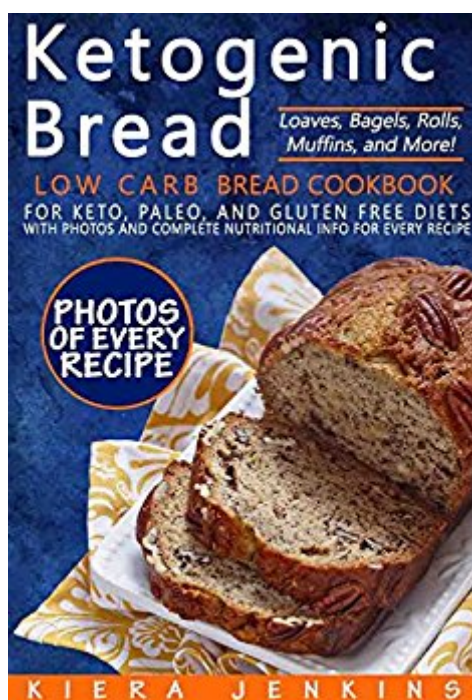


The book was found

Ketogenic Bread: Low Carb Bread Cookbook For Keto, Paleo, And Gluten Free Diets With Photos And Complete Nutritional Info For Every Recipe; Loaves, Bagels, Rolls, Muffins, And More!



Synopsis

Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! TOP 50 LOW CARB KETOGENIC BREAD RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE! REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT

The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy lifestyle, and feeling great is eating a ketogenic diet! Saying "no" to Keto doesn't have to mean saying "no" to delicious bread and baked goods! One of the things many Keto dieters miss most is baked goods like muffins, buns, pretzels, and even just a warm and simple loaf of bread. Fortunately, there are lots of easy recipes to make delicious bread and other baked goods without using fattening and unhealthy refined carbohydrates! Join the movement and reclaim your health! The Ketogenic Diet is a lifestyle and an entire movement based on reclaiming our health and eating healthy, delicious, natural food the way nature intended. Food isn't meant to be engineered by scientists, loaded with chemicals, filled up with highly refined carbohydrates and mass produced in a factory. Food should be an honest, natural, and enjoyable part of life. That's why the ketogenic diet is becoming increasingly popular! Not only that, the evidence has become undeniable: following a Ketogenic Diet can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! The ketogenic diet has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase your level of mental focus throughout the day, and reduce the risk of major chronic illnesses like diabetes and heart disease! Mouth-watering recipes that bakers will love! The Ketogenic diet is not a boring, bland, or starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what living a Keto lifestyle is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure by giving up the baked goods you love! This low carb bread cookbook lets you have it all by maintaining a healthy Ketogenic Diet while still eating delicious breads, muffins, and more! Grab this book today and learn the many delicious baked goods you can make and eat at home that are 100% Keto compliant! The Ketogenic diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on the top 50 low carb bread recipes in this cookbook. Every recipe is easy to make, requires no significant baking expertise, and is so healthy and delicious you will be proud to serve these breads to your family and friends. World class breads you can bake at home and serve to your family and friends with pride! Master Baker and Keto enthusiast Kiera Jenkins has compiled her top 50 favorite low carb bread recipes that have earned

rave reviews from thousands of Ketogenic dieters around the world! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

Book Information

File Size: 2877 KB

Print Length: 118 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 11, 2017

Language: English

ASIN: B01N21NUKJ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

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Customer Reviews

Let me start with the positive points by saying that I love keto. It is a diet that really works and anyone who has given it a serious effort has already experienced this. When you can get in and stay in ketosis you can just start burning the fat off faster than any diet I've ever seen. When I can keep a strict keto diet going for a few months I literally feel 10 years younger. Now the bad: keto can be very restrictive and you really start to miss out on some old favorites. For me, that is bread. I used to love a nice fresh baked loaf of bread, sandwiches, burgers etc. And yes I know you can just replace the buns with lettuce or whatever but it really isn't the same! Whenever I end up cheating on keto it is invariably some fresh treat from the bakery that gets me. I just can't resist! That is why I started seeking out some keto friendly options to replace the bread and baked goods I've been craving. I was tired of giving into temptation and destroying weeks of progress in a day or two by eating bread. This book gets me 90% of the way there. Is keto bread the same as bread made of

fattening refined carbohydrates? Honestly, no, it is not quite the same. I still prefer non-keto bread for the way it tastes. But the keto bread recipes I've tried in this cookbook are the best alternatives I've found. Keto bread isn't perfect but it is close enough to make me feel that I'm not missing anything anymore while I'm on keto. For that, this book gets 5 stars. It opens up a bunch of options that were previously closed to me and any keto dieter. Although the recipes don't produce bread that is exactly the same as what you might have been eating before keto, they are very good in their own right and most importantly, they are keto friendly and allow me to eat a whole variety of foods and meals that I was really missing. Now I can enjoy some of my old favorites in a way that won't make me fat and unhealthy.

Nice, simple book with a diversity of achievable recipes. This book, unlike another one about ketogenic bread also for sale on , has real pictures of the end products instead of "come on" false photographs.

The first recipe I tried was a horrible failure! I followed the directions to the T and it still failed. If the other recipes turn out to be just as bad, this book is a waste of money and time. What a rip off!!!! I would not recommend this book at all!!!!

Good recipes. But still have to be careful about the carbs.

This book sucks! Nothing I've made has been right with the ingredients. I'm so tired of wasting expensive food cause the recipe list isn't right! Apparently no one tested the recipes first. Don't waste your money!

Makes pretty good bread.

Decent recipes, instructions are full of annoying and repetitive grammar and typo errors. A basic proofreading would have upped my rating by 2 stars.

haven't had a chance to use but very excited to have bread again.

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Ketogenic Bread: Low Carb Bread Cookbook for Keto, Paleo, and Gluten Free Diets with Photos and Complete Nutritional Info For Every Recipe; Loaves, Bagels, Rolls, Muffins, and More! Low

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