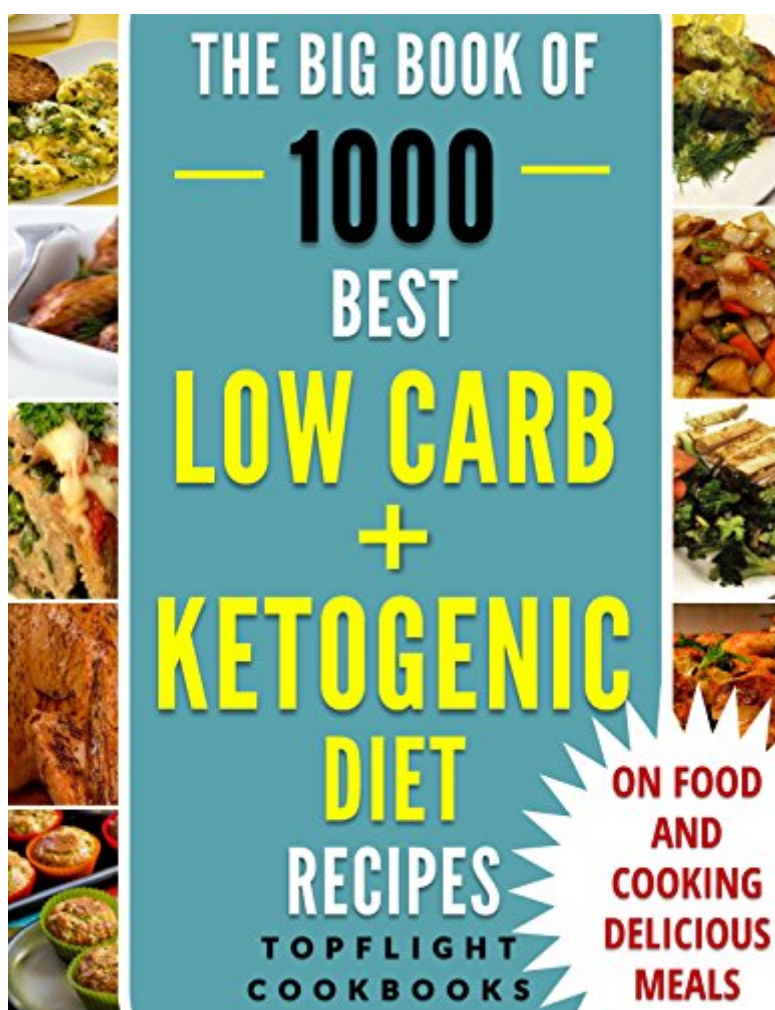


The book was found

# **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

food list, food list, gluten free, sugar free, diabetes, diabetes diet, diabetes cookbooks on kindle free, diabetic cookbook, diabetes for dummies, diabetes destroyer, diabetic, diabetic meal plans, diabetes cure, diabetes recipes, diabetes solution, diabetes books, diabetes diet top slow cooker recipes, diabetes cookbooks free, diabetes education, weight loss books, weight loss guide, weight loss motivation, weight loss for women over 50, weight loss hacks, weight loss for women, weight loss tips, lose weight fast, lose belly fat, lose weight over 50, lose weight by eating, lose weight without dieting or working out, lose weight here, lose weight without dieting

## **Book Information**

File Size: 2894 KB

Print Length: 1158 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 14, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01LYI66RE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #290,576 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46

inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Professional Cooking > Quantity

#97 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Large Quantities #184

inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Ketogenic

## **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.

[Download to continue reading...](#)

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 Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes,

Low Carb Cookbook, Eat Fat, Ketogenic Diet) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet) Slow Cooker: Ketogenic Diet: 92 Ketogenic, Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 2nd Edition (Low Carbohydrate, ... Watchers, Ketogenic cookbook, Keto Diet) South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) Ketogenic Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Ketogenic recipes, Ketogenic Cookbook for Weight Loss, Ketogenic Cookbook for beginners) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Ketosis: Ketogenic Diet: 2 in 1 Box Set: Includes over 100 Top Ketogenic Dessert and Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) (Volume 4) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)