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# Ketogenic Fresh Fast Food: 50 Recipes With 6 Ingredients (or Less), Made In 20 Minutes



## Synopsis

Love BURNING FAT on a Ketogenic Diet? Struggle to Find Time to Make Great Food? This Book Could Be The Answer You Have Been Looking For. 50 delicious recipes, all with 6 ingredients and less than 20 minutes to make... and all with images. Bonus included 10 Delicious Keto Smoothies. The Keto Diet can sometimes be hard. You don't have the time to make the delicious low carb food you have seen in ketogenic cookbooks or worse, you're eating the burger without the bun for the 4th time this week. To help you stay in ketosis, I want to make it as quick and easy as possible.. but without sacrificing any of the flavor. The 6 Ingredient Ketogenic Diet Cookbook has been created to: Help you create quick meals â “ no more preparing food for an hour. Be easy â “ anyone can make a meal with 6 ingredients. Easily found ingredients â “ no golden grape tomatoes from a village in South America somewhere. The ingredients are easily found in your local supermarket. Be delicious â “ more ingredients does not equal tastier. Sometimes simpler is better. Mouthwatering â “ all recipes come with full images. You will love the variety inside. The recipes cover all food types and time of day: Breakfast Side Dishes Desserts / sweet snacks Main meals Red meat White meat Fish Vegetarian And the dishes themselves are varied and delicious, for example: Lemon Pepper Shrimp Zoodles (my best and simplest shrimp recipe) Creamy Spiced Chicken with Walnuts (great recipe for dining with friends, even my non-keto friends love this) Kale Stuffed Chicken Breasts (these are impressive just to look at.. and taste great too) Pesto 'Spaghetti' (for those who miss Spaghetti Bolognese) Citrus Salad with Grilled Provolone (yes it has fruit, but only enough to give it a great taste) Coconut Macaroons (my absolute favorite snack!) Chocolate Chia Pudding (fantastic way to start the day) This book comes with a satisfaction guarantee. Did you know with you can claim a refund for any Kindle book within 7 days of purchase? If you are not totally satisfied with this book, I encourage you to ask for a refund! This makes downloading this book risk free to you. If you love it, then enjoy all the benefits. If not, ask for your hard earned money back. Download your copy now.

## Book Information

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## Customer Reviews

This book is comprised exclusively of keto recipes. For advice or further information on ketogenic diet, anyone will have to refer elsewhere. There are a wide variety of recipes. The ingredients for a meal are divided into two parts; "ingredients"™ and "essentials"™. Essentials are common ingredients found in the kitchen such as salt, sugar, olive oil etc. While "ingredients"™ are the less common ones. So when the title says "6 ingredients or less" • it speaks of the less common "ingredients"™ and not the essentials. For some recipes there are also suggestions for substitute ingredients in case someone is allergic to one of the required ingredients. Also number of servings, preparation time, nutrition facts and cooking time, are also included for further ease.

I never tried this kind of diet at all and out of curiosity, I get this book. Everyone will find some easy diet tips from this book which will help them to lose their weight. This book will be able to help you to understand the processes of a Ketogenic Diet and the benefits which can be gained from it. There are some delicious recipes in this book which has low fat. I have tried a few of them for my family and my family member enjoyed it very much. I recommend this one. Thanks Elizabeth Jane.

This is a great helpful guide about ketogenic diet. Just by the looks of it, it's really delicious so you would never thought you're in a diet. This book is really worth the price given that it is written in a very friendly and engaging manner! Use the seven-day plan and I really like their delicious recipes, plus they are very healthy. This book offers so many recipes for a Ketogenic-filled lifestyle that you can choose from. I found this book very helpful to me because I'm always struggling maintaining my Great book on Ketogenic diet foods - this will give you a step by step guide. In this book you will learn how to make a lot of ketogenic recipes that is good for burning fats and keeping our body healthy. Overall, I highly recommended.

These low carb recipes are tried and true favorites at our house, and perfect for a ketogenic diet

plan. If you are an "on the fly" cook like I am, you'll find yourself improvising and adding your own touches to make these recipes into your own creations. Feel free to experiment and come up with new variations, but make sure to adjust the carb, calorie and protein counts along with any changes you make. Since the process of keto adaptation isn't necessarily a straight forward, I found the book very helpful. I'd definitely consider reading it if the ketogenic diet appeals to you.

Loved the book... Awesome pictures and the recipes are very easy to prepare. The cookbook is very nicely cut out and makes sense the way the book recipes are laid out. I really liked the way the recipes are accompanied by pictures of the same. Wish the cookbook was longer!!

Everyone will find some easy diet tips from this book which will help them to lose their weight. This book will be able to help you to understand the processes of a Ketogenic Diet and the benefits which can be gained from it. These low carb recipes are tried and true favorites at our house, and perfect for a ketogenic diet plan. This book fulfilled my expectation and I am really glad to read this book. I had tried tons of diet plans, but mostly they were very difficult to maintain and have strict rules. But this diet plan is really perfect for me.

Finally! I got this kind of Ketogenic cookbook! I got more than what I paid for because this book made me feel blessed. It is beautiful to look through and has amazing recipes, great to see something for this new and healthy way of eating. The images are clear and mouth-watering. I already made some of its recipes and my family loves them! This book has a wealth of information from cover to cover and I can't recommend it enough! I assure you that you won't be disappointed with this book.

I've read many Ketogenic diet books and this one is one of the best ones I've read. It's full of tasty recipes and what I like about it is that this book has recipes that contain only 6 ingredients. All I had to do was make sure that every meal I ate was a recipe out of this book and I was in a state of Ketosis at no time at all. I really love how this book organizes its information, and I love the ease of the recipes. Thus, I'm giving this book 5 stars for being an excellent Ketogenic diet book with solid recipes and well-organized information!

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