



# **The Unbelievably Ketogenic Cookbook: 50 Delicious Ketogenic Diet Recipes for Weight loss**

*MARY CHARLES*

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The Unbelievably Ketogenic Cookbook: 50 Delicious Ketogenic Diet Recipes for Weight loss MARY CHARLES

**Top 50 breakfast, Appetizers, lunch, Dinner and desserts Recipes for the Ketogenic Diet!**

**GET READY TO EXPERIENCE THE AMAZING WEIGHT LOSS AND FAT BURNING BENEFITS OF THE KETOGENIC DIET**

**Lose weight and burn fat while improving your overall health. The ketogenic diet has been around for nearly 100 years but is not widely understood. Thousands of people including top celebrities have changed their lives using ketogenic diet. The Ketogenic Diet has already changed the lives of thousands of people all over the world. So if you are like many people looking to take action and want to lose weight then this book is for you.**

**The Ketogenic Diet is a low carb diet with adequate protein that is designed to have your body shed weight and burn more fat. So if your body will use more fat then you will automatically lose more weight. It is not just effective in helping you with your weight loss goals but incredibly effective at other things such as reversing diabetes, reducing heart disease risks and preventing some types of cancers. It's also noted to help lower blood pressure, and to reduce cholesterol. I bet, you couldn't go through all forty of these recipes**

**without getting hungry.**

**This book contains**

**10 Ketogenic Breakfast recipes**

**10 Ketogenic Appetizer recipes**

**20 Ketogenic Main Dishes**

**10 Ketogenic Dessert recipes**

**KINDLE UNLIMITED AND AMAZON PRIME members can read this book for free**

**=>The benefits you will get after getting this ketogenic cookbook are huge**

**This book contains amazing, healthy and easy to made ketogenic recipes**

**=> Each recipe in this cookbook is healthy, tasty and easy to prepare.**

**=> Step-by-step directions for preparing each of the recipes that makes the process of cooking much easier and quicker.**

**=> Ingredient for every recipe is clearly written and measurements are given in very simple and easy to understand manner.**

**=>I have included nutritional facts for every recipe in the book**

For a full list of what you can see inside, scroll up and click on the look inside feature and check out the Table of Contents!

Don't Lose Your Chance and Join Thousands of Readers Today Before the Price Becomes Higher!

**No matter what your eating style is, these Ketogenic recipes are simply the best collection of wholesome and healthy quick and fast recipes around.**

Now that you know more about this book and why it is for you don't forget to scroll up the page and click on the buy button above with 100% Money Back Guarantee so you can start enjoying your Amazing Ketogenic recipes cookbook right now!

**Take Action and BUY this book before price rises to \$4.99 in no time.**

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