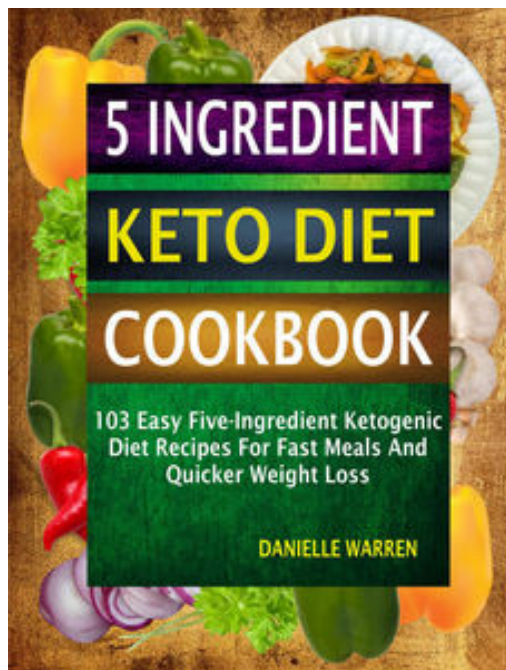


5 Ingredient Keto Diet Cookbook: 103 Easy Five-Ingredient Ketogenic Diet Recipes For Fast Meals And Quicker Weight Loss Read EBooks PDF English Danielle Warren



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So you've began the keto diet and the pounds have started dropping off. But it's taking so much effort just to cook keto diet compliant meals. Most of the recipes you find have lengthy lists of ingredients and take too long to cook. Worry no more. This book has come to solve your problems. The 5 Ingredient Keto Diet Cookbook is a compilation of 103 delicious quick and easy ketogenic diet recipes.

Burn Fat, Stay Healthy And Keep Off Unwanted Weight.

The meals in this book are not only keto friendly, they are delicious and very easy to cook. With less than 10 grams of carbohydrates per serving, each of these meals makes it easy for your body to stay in ketosis. Achieving desired dieting results is simple when you have easy-to-cook recipes and delicious meals that everyone will love. No matter how busy you are, the ease of cooking these recipes will help you to save time and fulfill dietary requirements.

What To Expect In The 5 Ingredient Keto Diet Cookbook:

- 103 recipes with just 5 ingredients
- Nutritional information for tracking your meals
- Recipes with less than 10 grams per serving to promote ketosis and fat burning
- Detailed, clear and simple instructions for every meal
- Recipes with just a few minutes preparation time to further save you time
- Recipes grouped conveniently into Breakfast, Soups & Stews, Poultry, Beef, Pork, Vegetables & Sides, Seafood and Desserts

Complying with the ketogenic diet will become easier with this book. It is an investment in your health that you will always appreciate. Use these healthy, time saving recipes to prepare comfort food and make the most of the ketogeic diet.

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