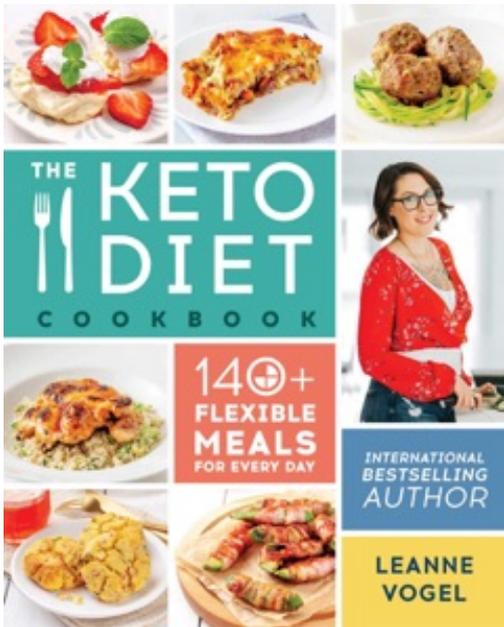


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# The Keto Diet Cookbook Read EBooks PDF

## English Leanne Vogel



**The Keto Diet Cookbook download or read online Leanne Vogel PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt**, From the bestselling author of "The Keto Diet" comes this all-new cookbook featuring 140 low-carb, high-fat recipes designed to help make the ketogenic diet work for each individual's unique needs. Leanne Vogel (HealthfulPursuit.com) is well aware that keto is not a one-size-fits-all way of eating; she offers a wealth of advice for customizing the diet to keep people from giving up because of frustration and feeling "stuck." Her goal with "The Keto Diet Cookbook" is to teach people how to eat keto with foods they have in their kitchens and show them how to make keto work with the resources they have available right now--simple and easy!

The book begins with an overview of how, and why, to keto. Leanne walks readers through the steps of setting macros, getting into ketosis, becoming fat-adapted, and figuring out which foods make them feel good and help them hit their goals. Following that is a varied and delicious collection of recipes for breakfasts, lunches, dinners, sweet and savory snacks, drinks, and condiments. The recipes are packed with handy extras that make them even easier to use and adapt, from portion sizes to comprehensive nutrition information to substitutions for those with dietary restrictions, such as vegetarians and people with food allergies. They include:

- Keto Breakfast Pudding
- All Day Any Day Hash
- Mexican Meatzza
- Epic Cauliflower Nacho Plate
- Creamy Spinach Zucchini Boats
- Sweet Beef Curry
- Crispy Pork with Lemon Thyme Cauli Rice
- Bacon Avocado Fries
- Edana's Macadamia Crack Bars
- Coffee Bean Shake
- And much more!

With "The Keto Diet Cookbook," readers will find dozens of mouthwatering ways to honor, trust, and nourish their bodies. When we do that, we start to feel good, make better decisions for our health, and naturally and effortlessly progress toward our goals.

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