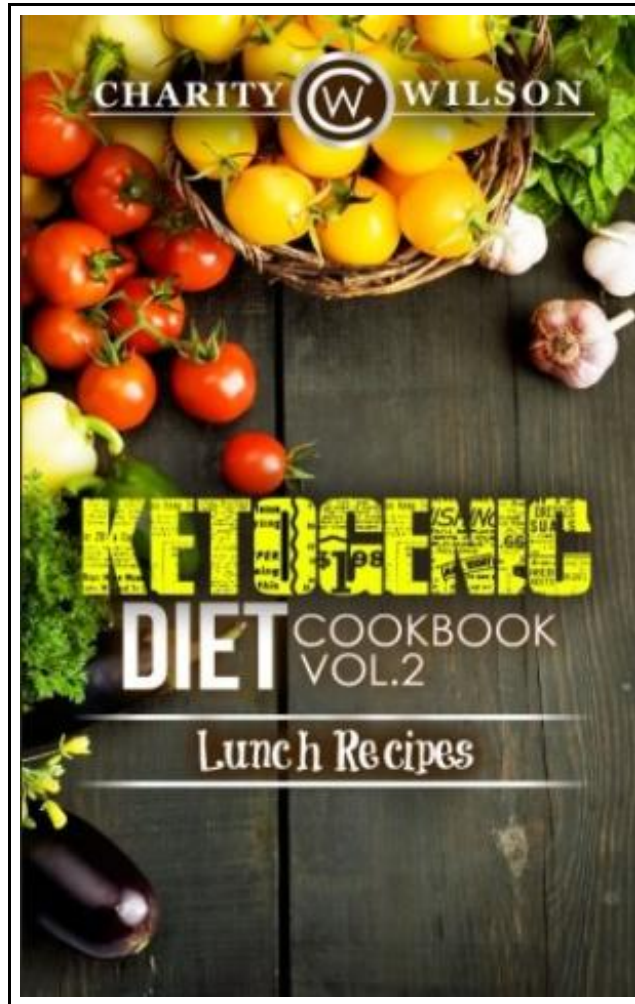


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KETOGENIC DIET: COOKBOOK VOL. 2 LUNCH RECIPES



Createspace, United States, 2015. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Ketogenic Diet Cookbook Vol. 2 Lunch RecipesThe Ketogenic diet could be considered one of the best diets available for maximum weight loss. Many of the world's leanest men and women have used the ketones released from being in a state of ketosis to achieve amazing bodies. Inside you will discover some awesome recipes that will support your dieting efforts and make living a low carb lifestyle much easier. By having a variety of recipes available, you will avoid the food boredom that usually causes people to overeat and gain weight. What Does The Ketogenic Diet Entail? Essentially a Ketogenic diet has you eating very few carbs and a lot of healthy fats and moderate protein. Don't let the word fats scare you away because this diet has been proven to work for weight loss time and again. Here are just some of the foods you get to enjoy: Tuna, salmon, shellfish and other fatty sources of seafood Avocado, egg yolks, nuts, coconut oil, butter and even mayonnaise (watch for carb loaded brands) All meats such as beef, bacon, chicken, sausage, wild game, bacon (just to reinforce you get bacon) preferably of the grass fed variety Dark, green leafy vegetables (these contain the least amounts of carbs) and other vegetables in moderation Hard and soft cheeses, sour cream, cottage cheese and even heavy whipping cream (choose full fat varieties) As you can see the Ketogenic diet still includes many of your favorites and even some foods that are forbidden on other diets. There will be a transitioning period as you switch from burning carbohydrates as energy to burning the ketones and fat in your body for energy. Once you have adjusted you will be amazed at how...



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