



# **The Ketogenic Diet: 3 in 1 Box Set -The Ultimate Fat Burning Cookbook for Beginners (Includes 150+ Low Carb Recipes for Rapid Weight Loss)**

*Maya Lyon*

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**The Ketogenic Diet: 3 in 1 Box Set -The Ultimate Fat Burning Cookbook for Beginners (Includes 150+ Low Carb Recipes for Rapid Weight Loss) Maya Lyon**

**Want to Lose Weight, Look and Feel Younger? How about increase Energy Levels and Build an Untouchable Immune System? Buy this 3 in 1 BOX SET!**

## **Introducing the Revolutionary Ketogenic Diet...**

In these 3 high quality books you will find Proven Strategies to help your body Burn Fat through the Natural Process of Ketosis-

Over 150+ Low Carb Recipes Including Breakfasts, Lunches, Dinners, Desserts and Snacks Included!

The Ketogenic Diet is a medically and scientifically proven diet plan in which you avoid all high to mid carbohydrate foods and fill those calories with healthy fats.

By doing so the body starts burning up unwanted fat instead of carbohydrate, a natural process called Ketosis.

The result?

Reduced weight and a slim, healthy YOU within weeks!

This book will use a step-wise approach to take you through the Ketogenic Diet and further beyond into the practical application of making healthy and super tasty recipes.

This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.

## **Some of the amazing benefits of the Ketogenic Diet are:**

- Weight Loss
- Appetite Reduction
- Increased Energy Levels
- Burn Unwanted Fat
- Increased Levels of HDL (the "good") Cholesterol
- Decrease Levels of LDL (the "bad") Cholesterol

- Reduced Blood Sugar and Insulin Levels
- Reduce Blood Pressure

Think of the Ketogenic Diet like pushing the 'reset' button with your overall health, relationship with food and your lifestyle habits.

### **Here are a few of the things you will learn...**

- What exactly is the Ketogenic Diet?
- Tips for Starting Your Ketogenic Journey
- Exercise
- Demolishing Myths About the Ketogenic Diet
- Any Side Effects?
- Pros and Cons
- What to Eat on the Ketogenic Diet

### **Here Is A Preview Of The Fat Burning recipes you will find in this book:**

- Seared Ribeye Steak
- Bacon Avocado Breakfast Muffins
- Chicharrones con Huevos (Pork Rind and Eggs)
- Red Pepper, Mozzarella and Bacon Frittata
- Cheese and Sausage Pies
- Breakfast Tacos
- Tuna Avocado Bites
- Crispy Baked Tofu and Bok Choy Salad
- BBQ Chicken Soup
- Bacon Chicken Patties
- Cheesy Bacon Spinach Log
- Grilled Cheese and Ham Sandwich
- Chicken Pot Pie
- Chicken Parmesan
- Bell Peppers Stuffed Korean Beef
- Creamy Tarragon Chicken
- Beanless Chili con Carne
- Keto Strawberry Pudding
- Kiwi Fiend Ice Cream
- Minty Avocado Lime Sorbet
- Morning Zephyr Cake
- Peanut Butter Balls
- Pecan Flax Seed Blondies
- Peppermint Chocolate Ice Cream
- Puff-up Coconut Waffles
- Raspberry Chocolate Cream
- Raw Cacao Hazelnut Cookies
- Sinless Pumpkin Cheesecake Muffins

- Sour Hazelnuts Biscuits with Arrowroot Tea
- Tartar Keto Cookies
- Wild Strawberries Ice Cream
- Mini Lemon Cheesecakes
- Chocolate Layered Coconut Cups
- Pumpkin Pie Chocolate Cups
- Fudgy Slow Cooker Cake
- Easy Sticky Chocolate Fudge
- Raspberry & Coconut Fat Bombs
- Strawberry Cheesecake Ice Cream Cups
- Peppermint Patties
- Buttery Pecan Delights

**FULL Nutritional Breakdown with EACH recipe so you can keep track of your Calories!**

★?★Start your Ketogenic Diet today with these Nutritious Recipes that will guide you to unlimited health and vitality!★?★

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#### **Teresa Howard:**

Have you spare time to get a day? What do you do when you have much more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a go walking, shopping, or went to the Mall. How about open or read a book called The Ketogenic Diet: 3 in 1 Box Set -The Ultimate Fat Burning Cookbook for Beginners (Includes 150+ Low Carb Recipes for Rapid Weight Loss)? Maybe it is to get best activity for you. You already know beside you can spend your time together with your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have various other opinion?

#### **James Hill:**

In this period globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The health of the world makes the information better to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The book that recommended for you is The Ketogenic Diet: 3 in 1 Box Set -The Ultimate Fat Burning Cookbook for Beginners (Includes 150+ Low Carb Recipes for Rapid Weight Loss) this book consist a lot of the information in the condition of this world now. This particular book was represented how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. Typically the writer made some investigation when he makes this book. That's why this book ideal all of you.

#### **Will Cathcart:**

Many people spending their time by playing outside along with friends, fun activity together with family or just watching TV all day long. You can have new activity to shell out your whole day by reading a book. Ugh, ya think reading a book will surely hard because you have to take the book everywhere? It ok you can have the e-book, delivering everywhere you want in your Smartphone. Like The Ketogenic Diet: 3 in 1 Box Set -The Ultimate Fat Burning Cookbook for Beginners (Includes 150+ Low Carb Recipes for Rapid Weight Loss) which is obtaining the e-book version. So , try out this book? Let's notice.

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