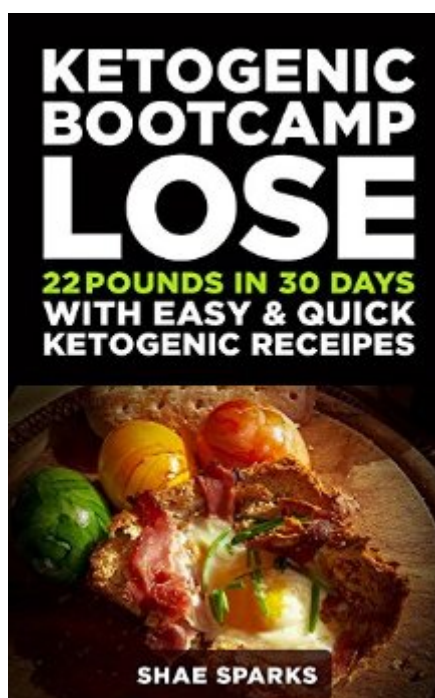


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# **Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds In 30 Days With Easy & Quick Ketogenic Recipes (diabetes, Diabetes Diet, Paleo, Paleo ... Carb, Low Carb Diet, Weight Loss Book 1)**



## Synopsis

KETOGENIC BOOTCAMP Have you heard about the ketogenic diet, but you've thought you don't have time for it? Well, think again! You always have time to make a healthy, positive change in your diet, and these recipes that take less than ten minutes to cook will prove that to you! In this book, you will find recipes such as: Breakfast Tacos, Jalapeno Cheddar Waffles, Bacon Cheddar Chive Omelet, Pumpkin Spice Latte, Blueberry Banana Bread Shake, Blackberry Chocolate Shake, Cinnamon Roll Oatmeal, Spinach, Onion, and Goat Cheese Omelet, Spinach Shamrock Shake, Latte, Bulletproof Tea, 5 Ingredient Chicken Noodle Soup, Thai Peanut Shrimp Curry, Portobello Pizzas, Cumin Sesame Lemon Mug Cake, Sun-Dried Tomato Pesto Mug Cake, Green Chile Cheddar Mug Cake, Bacon Cheddar and Chive Mug Cake, Keto Sushi, 5 Minute Keto Pizza, Tater Tot Nachos, Prosciutto-Wrapped Asparagus Canes, Pressure Cooker Chicken Cacciatore, Lemon and Olive Liguria Chicken Recipe. As well as a grocery list at the end to help you so that you don't have to spend all day trying to find ingredients for your recipes! You do have the time to change your life for the better by trying the ketogenic diet with these recipes, so scroll up and grab your copy today!

## Book Information

File Size: 429 KB

Print Length: 50 pages

Simultaneous Device Usage: Unlimited

Publisher: Introspective Publishing (June 21, 2016)

Publication Date: June 21, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01HFH6QNK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,017 Free in Kindle Store (See Top 100 Free in Kindle Store) #3 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Ketogenic #4 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Healthy

## Customer Reviews

There are so many great and healthy recipes to try in this book even if you are not "Keto" and want to stay healthy. I would highly recommend it to anyone who is on a low carb and high fat diet. The meal plans are a plus.

The cover of this book makes you think it has a formula for losing 22 lbs in 30 days using the Ketogenic diet but it does NOT. I was very disappointed to see that only through "bonus" material from a different author it offers a plan that does not even follow the Ketogenic plan at all. It made me wonder if Sparks even read what she attached to her Kindle version of her book. Ketogenic is approximately 75% fat intake, 5% carbs and 20% protein. The "bonus" material promotes only 20% fat which is dramatically different. The recipes in the book look good and i will try a few but i was influenced to purchase the kindle book thinking Sparks would offer a plan for using the Ketogenic diet as well as recipes. I felt misled.

Want to lose weight in a delicious and enjoyable way? Well I introduce you into this book because it helps me getting my body fit even though I ate cakes. This has all the essentials that we know and the recipes that you will love to make and eat. So what are you waiting for? Grab a copy now! I'm sure that you will love this too.

It's only been a week since I tried this diet and I'm seeing an improvement in my weight already. It doesn't also feel like I'm on a diet at all because the recipes tasted really good. I'll be sure to continue this 30-day diet and hopefully lose 22lbs as promised.

I love eating lots of carbohydrates that's why I got fat so easily. This ketosis cookbook would be my good starting point to lose weight and be fit again. I think the recipes are delicious maybe I should start it this week.

I am tired of thinking what to prepare during lunch and dinner hence I have bought this book. Having this book is helpful since I will no longer need to think what course I will be cooking plus it was on the line of ketogenic diet. Two in one grabbed for me.

I heard someone talk about the ketosis diet and the first thing I thought was: not another fad diet. However, with time I heard more and more people talk about it. So I searched the web and saw that

the ketosis diet has tons of benefits. I bought this book in the hope that I could learn more, and I did! I liked the fact that the author shows all the benefits and a step to step guide on how to start with the diet. If you need a good book on the ketosis diet, get this one!

Ketones are said to be important in the promotion of a healthy physiology that will improve the loss of the bad cholesterol in the body and its a very important factor in the reduction of the body weight, the book is packed with information on the recipes that we can utilize to achieve the same effect.

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Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss)  
Ketosis: Keto: Ketogenic Diet: Ketogenic Ice Creams: Lose Fat Quickly with Top 50 Keto Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss Book 1) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1)  
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Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet)  
PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)  
Ketogenic Diet: Ketosis For Diabetes -Lower Your Blood Sugar And Lose Weight(Reduce Inflammation,reverse type 2 diabetes,Insulin Resistance Diet) (paleo ... low carb high fat,keto clarity,diabetes,) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet)  
The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb: 500 Low Carb Recipes to Lose Pounds, Boost Metabolism and Eat Healthy (Low Carbohydrate, Low Carb Cookbook, Keto, Paleo, High Protein) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat)

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