



## The Whole Keto Diet Cookbook For Beginners: 111 Keto Delicious And Low Carb Recipes For Keep Your Body Healthy And Living Keto For Life (Paperback)

By Martha B Bonila

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. ? Buy the Paperback Version and Get the Kindle Version for Free?Whether you are a complete beginner or you been practicing this diet for some time, this guide is for you! Living a healthy and long life is a result of what we take and as the famous adage goes, garbage in, garbage out. The ketogenic diet is a low-carb and high-fat diet and with it comes so much health benefits. Research has it that it lowers blood sugar and insulin levels, aids in weight loss, healthy heart along with other several lifestyle diseases. The recipes in this book are a top selection of the best and most delicious keto diet recipes to help you live a healthy life and live to see the next day. Ingredients used in these recipes is available at your local supermarket. You also do not have to be a chef to prepare the meal, the instructions herein are straightforward and easy to follow. What are you waiting for? Grab this book, get shopping and prepare that luscious meal! Happy cooking!!!



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