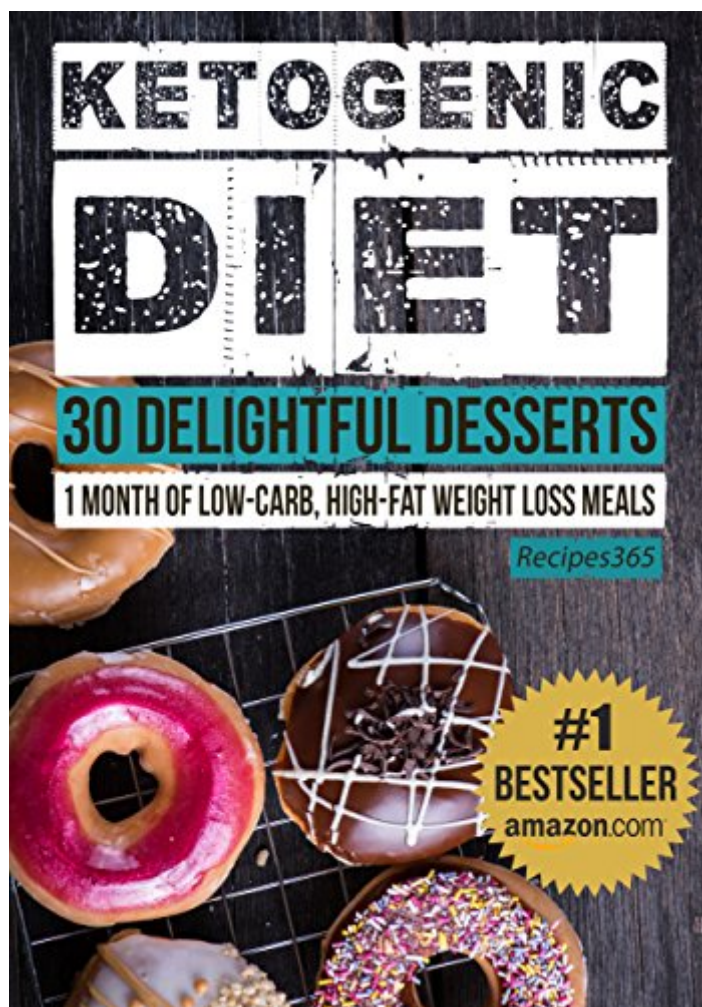


The book was found

# Ketogenic Diet: 30 Delightful Dessert Recipes: 1 Month Of Keto Desserts + FREE GIFT (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes)





## Synopsis

30 Guilt Free Delightful Ketogenic Desserts “FLASH SALE + FREE GIFT, GET IT FAST!

Join the #1 global weight loss diet today with this fantastic 30-day ketogenic desserts cookbook. Do you love great food but dislike what it does to your body? Do you want to lose weight, but hate sticking to diets? Well, you're in the right place, because with the keto diet you CAN have your cake and eat it!

**The Science Behind Weight Loss** Your body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis. Here your body produces ketones created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones. This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state.

**30 High-Fat, Low-Carb Dessert Recipes** Packed into this powerful little cookbook are 30 of the most delightful ketogenic dessert recipes ever created. These simple, sumptuous afters will have you looking forward to every treat without a trace of guilt. Finally, a diet you can enjoy!

**Nutritional Information Included** Unlike other recipe books, ours includes an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your goals. It's up to you if you want to use this or simply enjoy the meals, but it's nice to know it is there if you need it.

Finally, a Diet you can Enjoy! Forcing yourself to eat bland, uninspired meals is not a long-term solution to obtaining a healthy body. You will be more likely to relapse or even abandon your diet altogether. This ketogenic cookbook rekindles your love for food, meaning you will look forward to your every meal. When you enjoy what you are eating the results come easy!

**Free Gift** For a limited time only we are giving away 'Top 10 Ketogenic Diet Mistakes' so you can avoid costly errors and accelerate fat loss.

Download now and read on your kindle, tablet, smartphone or computer.

Tags: ketogenic cookbook, ketogenic diet, ketogenic recipes, ketogenic diet recipes, keto recipes, keto diet, keto, weight loss, diabetes, epilepsy, LCHF, dinners

## Book Information

File Size: 3200 KB

Print Length: 48 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 12, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01ICO6O50

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #594,854 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #107

inÃÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Epilepsy #342

inÃÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Ketogenic #349 inÃÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases &

Physical Ailments > Diabetes

## Customer Reviews

This book offers up a great variety of different types of foods that you can make with a good variety of ingredients. Of all the ones that I have tried from this book, I haven't found one that was hard to do and all of them were simply amazing. I love how easy it is to read this book and storing it is a breeze. I know that a lot of people have gotten away from actual cookbooks in favor of online versions, but this is truly one of those books that can and should be passed down among generations for great meals! I love i

1. The book has no pictures. 2. Most of the recipes you can find online 3. You get what you pay for.

Great

Great for keto dieters that need recipes for keto friendly desserts! The number of carbs are given with each recipe as well.

Free download. Okay book. same info available online. Nothing too mind blowing but it does deliver on what the title says the book is.

Good recipes. Only thing I didn't like was too many ice cream recipes that require an ice cream machine.

Have not really read it.

This is just garbage, standard recipes replacing sugar with various chemicals. JUNK. The time you spent perusing over this garbage will be forever lost. AVOID

[Download to continue reading...](#)

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Ketogenic Diet: 30 Delightful Dessert Recipes: 1 Month of Keto Desserts + FREE GIFT (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) 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) Low Carb: 90 Delicious Ketogenic Diet Recipes: 30 Days of Breakfast, Lunch & Dinner + FREE GIFT! (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and

High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketosis: Ketogenic Diet: 2 in 1 Box Set: Includes over 100 Top Ketogenic Dessert and Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) (Volume 4) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)