



Keto Living Cookbook 2: Lose Weight with 101 Yummy Low Carb Ketogenic Savory and Sweet Snacks (Paperback)

By Ella Coleman

Visual Magic Productions, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Keto Living Cookbook 2 - a tasty new offering in the Keto Living series from accomplished cook, Ella Coleman. Have your cake and eat it too, by joining the Keto community and staying in low carb ketosis. Containing 101 delicious, easy-to-make sweet and savory snacks, this exciting new collection of recipes dispels the myth that a life without carbs means a life without fun foods or flavor. The second in a series by Keto advocate Ella Coleman, the book was prompted by feedback from her followers to showcase tasty snack options that are still Keto-friendly. With a little fun and creativity, combined with the right ingredients and instruction, you ll soon be making mouth-watering Ketogenic masterpieces that are a pleasure to the palate and perfectly suited to your goals. This book will become a fail-safe in your arsenal of tools to stay in Ketosis. Lose the weight, and love reaching your goals with this fantastic cornucopia of recipes just waiting to be discovered in the Keto Living Cookbook 2. From pizza to pancakes, muffins to meatballs, ice-cream and more.The recipes...



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Reviews

Complete information! Its such a great study. It is probably the most amazing book i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mr. Roger Luetgen III**

An extremely great ebook with perfect and lucid answers. This is certainly for anyone who statte that there was not a well worth looking at. Its been designed in an exceptionally simple way and is particularly only soon after i finished reading through this ebook in which actually transformed me, modify the way in my opinion.

-- **Libbie Farrell**