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## Keto Living Cookbook: Lose Weight with 101 Delicious and Low Carb Ketogenic Recipes (Paperback)

By Ella Coleman

Visual Magic Productions, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Perfect Cookbook Companion for the Ketogenic Diet Simple, Wholesome, Delicious Low-Carb High-Fat Recipes for Every Course Designed to Kickstart Your Fat Burning JourneyThe Keto Living Cookbook was written by Ella Coleman, an accomplished cook who loves experimenting with flavor combinations, and delights in eating and living a Ketogenic lifestyle. It s no secret that carbs raise blood sugar, and our body produces insulin to get rid of it. The insulin then helps glucose convert to fat, and this is stored in our fat cells. Goodbye self-esteem. Hello, cellulite! On the Ketogenic diet, carbs are limited and protein and fats are eaten in preference, keeping the body in a state of ketosis and burning fats for a good, steady stream of energy. Sounds complicated? Think again - The Keto Living Cookbook makes it easy to enjoy many of your favorite meals prepared to suit a Keto lifestyle, including - 101 recipes with easy-to-follow instructions for a scrumptious selection of meals and snacks straight from your kitchen to the tableNutritional content, including a net carbohydrate, protein and fat count per serving...



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