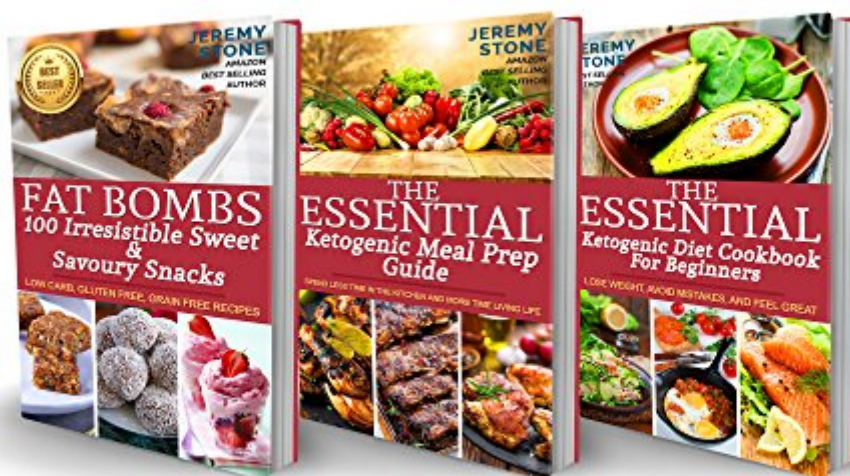


The book was found

Ketogenic Diet: 3 In 1 Cookbooks With Over 250 Recipes From The Best-Selling Ketogenic Diet Books: Includes - Shortcut To Ketosis, Essential Ketogenic Meal Prep Guide & 100 Irresistible Fat Bombs



Synopsis

Find Over 250 Healthy and Delicious Ketogenic Diet Recipes With These THREE Best-selling Cookbooks! Are you looking for a book that has EVERYTHING you need to start on a Ketogenic Diet? Imagine having THREE of the best Ketogenic Diet books all in one.... Best-selling author Jeremy Stone will show you how you can make some of the best Ketogenic meals with these three extensive cookbooks. Based on his extensive knowledge of the Ketogenic Diet and his passion for sharing the very best information with readers, Stone reveals his hard-won secrets to making delicious Ketogenic recipes quickly and easily.

In Book 1: Shortcut to Ketosis - Lose Weight, Feel Great - A Beginners Guide to Over 100 of The Best Ketogenic Recipes With Pictures, you will learn:

- Over 100 Delicious Recipes with Full Nutritional Breakdowns
- Over 50 Full Color Pictures To Inspire You
- Recipes for Breakfast, Lunch, Dinner and Snacks
- Awesome Shortcuts To Help You Lose Weight Quick
- Cooking And Preparation Times To Find The Quickest And Easiest Recipes

In Book 2: The Essential Ketogenic Meal Prep Guide, you will get:

- How to cook over 50 Ketogenic meals designed specifically for meal prepping
- How to create a simple framework to meal prep easily
- How to save an hour every day through meal prepping
- How to easily ensure your eating ketogenic foods
- How to shop smart and save money by buying the best groceries
- How spices are key to a successful meal prep
- How to store meals so that they stay fresher for longer
- How these two common kitchen tools can save you hours
- How to pack salads and vegetables to maximize freshness

BONUS: 12 Meal Prep Hacks

In Book 3: Fat Bombs 100 Irresistible Sweet & Savory Snacks, you'll learn:

- Over 100 Ketogenic Recipes For Dessert Bars, Fudge, Candies, Pudding, Cookies, Cakes, Smoothies and More!
- Macro and Micro Nutritional Information For Each Recipe
- Easy to Follow Step by Step Instructions
- An Overview of the Ketogenic Diet
- The Real Benefits of Fat Bombs

Don't miss out on this great value; get everything you need in one book and get your copy today!

Book Information

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Special Diet > Low Carb

Customer Reviews

A good resource for someone who is just starting out. I only gave three stars b/c I wish this book had an index for the recipes. I ended up making my own with sticky notes but it took forever to re-find the recipes I wanted to mark.

Exciting recipes! I love this cookbook!! I own all your cookbooks, and this is by far the best! Thank you for all the meal plans and great ideas. I've been eating this way for three years, and it was fun to have a fresh take with new ideas to go forward. Worth recommending!

The recipes are delightful, direct and there are genuinely heaps of them. This is great, clearly, notwithstanding in like manner suspected that it was hard to pick something to endeavor with such an assortment of decisions. Recommended to all.

Great meal options and meal planning tips. Looking forward to making many of these meals. The fat bombs also look choice.

Very helpful recipes and easy to use

This is a comprehensive set of three books. I've looked through this book, and I must admit that this is an excellent guide for those that begin with the ketogenic diet and want to stay in it. The book contains very good tips and advice that will be helpful to everyone. Also, here you will find great recipes that are delicious and healthy, and many of them are simple to prepare. All in all, I sincerely

recommend!

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Ketogenic Diet: 3 in 1 Cookbooks With Over 250 Recipes From The Best-Selling Ketogenic Diet Books: Includes - Shortcut To Ketosis, Essential Ketogenic Meal Prep Guide & 100 Irresistible Fat Bombs Meal Prep: 65+ Meal Prep Recipes Cookbook & Step By Step Meal Prepping Guide For Rapid Weight Loss (Free Bonus Included) (Meal Prep, Ketogenic Diet, Low Carb, Ketosis) 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: 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) Bath Bombs: A Step-By-Step Beginner's Guide to Making Simple, Homemade Bath Bombs + 50 Luxurious DIY Bath Bombs Recipes (bath bombs for beginners, bath bombs recipes book, bath salts, body scrubs) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) 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) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Over 100 Pressure Cooker Recipes - The Essential Quick And Easy Ketogenic Pressure Cooker Cookbook: Ketogenic Cookbooks, Ketogenic Diet Books, Keto Diet Book (2nd) Ketogenic Diet: Shortcut to Ketosis - Lose Weight, Feel Great - A Beginners Guide to Over 100 of The Best Ketogenic Cookbook Recipes With Pictures Ketogenic Diet Weight Loss Recipes Box Set 2 Books in 1: Burn Fat and Achieve Rapid Weight Loss For Beginners through Low Carb and High Fat Recipes Ketosis ... fitness and ketosis and get a Dream Body) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) 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) MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks: Experience Delicious Ketogenic Snacks and Keto Dessert and Sweets Recipes

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