



## Ketogenic Diet: Cookbook Vol. 2 Lunch Recipes (Paperback)

By Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Ketogenic Diet Cookbook Vol. 2 Lunch RecipesThe Ketogenic diet could be considered one of the best diets available for maximum weight loss. Many of the world's leanest men and women have used the ketones released from being in a state of ketosis to achieve amazing bodies. Inside you will discover some awesome recipes that will support your dieting efforts and make living a low carb lifestyle much easier. By having a variety of recipes available, you will avoid the food boredom that usually causes people to overeat and gain weight.What Does The Ketogenic Diet Entail?Essentially a Ketogenic diet has you eating very few carbs and a lot of healthy fats and moderate protein. Don't let the word fats scare you away because this diet has been proven to work for weight loss time and again. Here are just some of the foods you get to enjoy: Tuna, salmon, shellfish and other fatty sources of seafoodAvocado, egg yolks, nuts, coconut oil, butter and even mayonnaise (watch for carb loaded brands)All meats such as beef, bacon, chicken, sausage, wild game,...



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