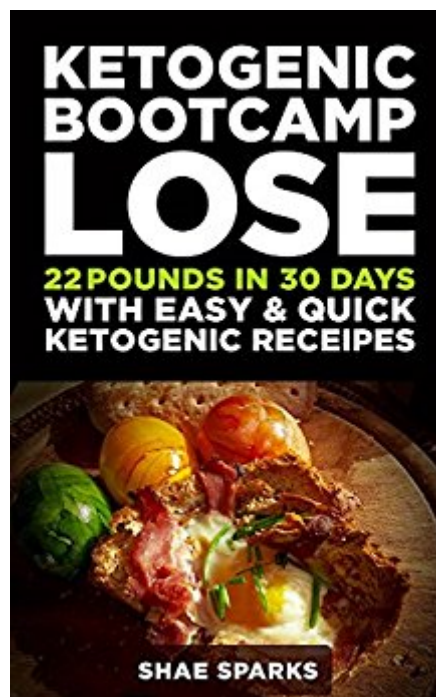




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Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds In 30 Days With Easy & Quick Ketogenic Recipes



Synopsis

KETOGENIC BOOTCAMP – Have you heard about the ketogenic diet, but you’ve thought you don’t have time for it? Well, think again. You always have time to make a healthy, positive change in your diet, and these recipes that take less than ten minutes to cook will prove that to you! In this book, you will find recipes such as: Breakfast Tacos, Jalapeno Cheddar Waffles, Bacon Cheddar Chive Omelet, Pumpkin Spice Latte, Blueberry Banana Bread Shake, Blackberry Chocolate Shake, Cinnamon Roll Oatmeal, Spinach, Onion, and Goat Cheese Omelet, Spinach Shamrock Shake Latte, Bulletproof Tea, 5 Ingredient Chicken Noodle Soup, Thai Peanut Shrimp Curry, Portobello Pizzas, Cumin Sesame Lemon Mug Cake, Sun-Dried Tomato Pesto Mug Cake, Green Chile Cheddar Mug Cake, Bacon Cheddar and Chive Mug Cake, Keto Sushi, 5 Minute Keto Pizza, Tater Tot Nachos, Prosciutto-Wrapped Asparagus Canes, Pressure Cooker Chicken Cacciatore, Lemon and Olive Liguria Chicken Recipe. As well as a grocery list at the end to help you so that you don’t have to spend all day trying to find ingredients for your recipes! You do have the time to change your life for the better by trying the ketogenic diet with these recipes, so scroll up and grab your copy today!

Book Information

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Customer Reviews

Keto diet indeed kills your appetite. Besides, it makes easier to form healthy eating habits. For instance, you will less tend to eat a junk food and sweetnesses. Well, most of the sweetnesses are junk food too. Whatever, you have to be more responsible for your nutritional choices. This particular book helps me to switch to eating in a much healthier way. There are many delicious recipes here.

This is a great book on Ketosis. All of the things, tips and guides that I need to know about how to lose 22 pounds in 30 days with easy & quick ketogenic recipes are already included and well written inside. Shae Sparks has done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the "Spinach, Onion, and Goat Cheese Omelet & Prosciutto-Wrapped Asparagus Canes". Very delicious, healthy and easy to prepare. This book is really a great resource for those who want to learn more about Ketosis.

This book was a great read. It has a lot of info about what will help you burn fat and increase your energy. I am looking for a healthy way to lose weight and this book has helped me make the decision to include these smoothie recipes in my weight loss plan. This book motivated me and kept me focused on my goal to lose a few extra pounds. The recipes are refreshing. A must read for those who want to bring about a healthy change to their routine.

Admittedly, I never really heard of the ketogenic diet before reading this book. However, being insulin resistant, I found it to be extremely informative. I did agree with one of the other reviews about the proofreading errors, but aside from that it is a very well-written book. The recipes sound good, and the pictures included look even better. I can't wait to try some of these recipes out!

4 Stars for this "teaser" book that touches on a few Ketogenic recipes that would not be interesting enough to use (for me) for 22 days...one of the things I was most interested in was the "keto tater tots" and said recipe was to follow but there is no recipe included for them. Bummed, I love those

and was looking for a way to enjoy a reasonable facsimile.

I love Ketogenic diet, and this is one of the best books I have taken so far. The recipes are well written and the dishes are easy to prepare. Keto diet is very healthy, and this has become my way of life. If you want to lose weight in a short time, and to be healthy, then Ketogenic is a diet for you. I also recommend this book to you!

I found a recipe of my favorite breakfast dish; the spinach omelet on this book and the addition of goat cheese and onion would be a good twist which sounds mouth-watering to me. The brief information of ketosis was helpful and the recipes look good. I am happy with the content.

I can't boost for the results much since this is my day 4 but so far I'm loving it. Metabolism needs to get a boost but following the advice of this book I didn't find it that hard. Can't wait for day 30!

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