



**Ketogenic Diet: Delicious Keto Recipes, Lose  
Weight, Improve Your Health, Energy and  
Performance While Eating Delicious Food.  
(ketogenic cookbook)**

*Project Health*

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## **Ketogenic Diet: Delicious Keto Recipes, Lose Weight, Improve Your Health, Energy and Performance While Eating Delicious Food. (ketogenic cookbook) Project Health**

Have you been trying out different diets, but couldn't stick to any of them? Felt always hungry? Constantly lacked energy and barely saw any weight loss?

Then the ketogenic diet might be right for you.

Here are just some of the benefits of the keto diet:

- Eat delicious food and still lose weight. How does eating eggs and bacon for breakfast sound?
- Sleep better
- Have more energy
- Increase your focus
- Boost your mood
- and that's not all...

The ketogenic diet isn't just a theory, it's a proven method.

World class athletes and celebrities are switching to the ketogenic diet for a reason.

What's stopping you?

Grab this book and start your transformation today. You have nothing to lose but your weight.

Good luck on your journey!

## **Ketogenic Diet: Delicious Keto Recipes, Lose Weight, Improve Your Health, Energy and Performance While Eating Delicious Food. (ketogenic cookbook) Details**

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## **From Reader Review Ketogenic Diet: Delicious Keto Recipes, Lose Weight, Improve Your Health, Energy and Performance While Eating Delicious Food. (ketogenic cookbook) for online ebook**

**mel says**

**What I want in a cook book**

It's got pictures, macros, and serving sizes. Bonus: the servings are small. Perfect for a family of 2 adults. Also, the language is good... meaning that the author sounds intelligent.

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**Bella says**

**Definitely gonna try this**

Easy to cook recipies. Simple and yummy. My husband loves non veg and he is on dieting now. Ketogenic diet is perfect for him. Happy to find this book and many thanks to author.

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**Linda, The Industrious Homemaker says**

Didn't even finish it. The recipes are not keto friendly: bananas, mangoes... The carbs listed don't always seem right, so I don't trust any. Full analysis of fat, protein, and carbs are never listed. If we're to be at the proper ratios we need that info.

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**Kelly Dowdy says**

**Awesome Recipes!!**

5 star rating for sure. Some of the recipes I would not like because of preference but sound amazing! Would recommend this book to everyone!

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**Stephen says**

**Great little book**

With the few recipes in this book it is a great start. I really enjoyed our first meal and will try all the rest.

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