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Best Keto Cookbooks for 2019: The Top 10 | The Keto Cookbook

This cookbook is a must for any low carb cook's collection." - Lisa MarcAurele, founder of LowCarbYum.com "Martina's newest cookbook is not just a comprehensive guide to eating for

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the ketogenic diet, it is also gorgeous eye candy! It is sheer pleasure to browse through her gorgeous photographs while drooling over the delicious recipes.

The KetoDiet Cookbook: More Than 150 Delicious Low-Carb ...

Cinnamon rolls, lasagna and biscuits are off limits on the ketogenic diet, but this cookbook offers ingredient swaps so you can indulge in these typically carb-y comfort foods. The recipes are so...

13 Best Keto Cookbooks For Your Low-Carb Diet - Men's Health

The Easy 5-Ingredient Ketogenic Diet Cookbook: Low-Carb, High-Fat Recipes for Busy People on the Keto Diet Jen Fisch. 4.4 out of 5 stars 2,751. Paperback. £9.99. The Complete Ketogenic Diet for Beginners: Your Essential Guide to Living the Keto Lifestyle Amy Ramos. 4.3 out of 5 stars 6,193. Paperback.

Bacon & Butter: The Ultimate Ketogenic Diet Cookbook ...

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A ketogenic diet is an effective way to lose weight and lower risk factors for disease (1, 2, 3, 4, 5).In fact, research shows that the ketogenic diet may be as ...

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