

Read The Ketogenic Diet Cookbook For Beginners Nutritious And Delicious Lowcarb Highfat Recipes For Weight Loss And Cancer Prevention

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Not only does she provide a wealth of information for successfully implementing a ketogenic diet, but also shares many of her own delicious low carb recipes. Her recipes have become staples for those seeking low carb alternatives for their favorite foods. This cookbook with 150 new keto diet recipes is a must for any low carb cook's collection.

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Great for beginners and seasoned Keto dieters. There are meal plans along with shopping lists to get you started. I found several recipes like especially the Corned Beef Hash using riced cauliflower, Orange Cream ice cream pops, Smoked Salmon Wraps(I used all cream cheese as I don't care for cottage cheese),Zucchini Fritters, Ham stuffed pork chops, Swedish Meatballs and the Simple Reuben Casserole.

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Ketogenic diets have shown great potential in weight loss, overall health and cancer treatment. Martina's valuable contributions to the low-carb community and her involvement in the cancer research project run by our team extend beyond simply helping people follow a healthy

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