



## Ketogenic Fresh Fast Food: 50 Recipes With 6 Ingredients (or Less), Made in 20 Minutes

By Elizabeth Jane

Elizabeth Jane. Paperback. Condition: New. 62 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. Love BURNING FAT on a Ketogenic Diet Struggle to Find Time to Make Great Food This Book Could Be The Answer You Have Been Looking For. 50 Delicious Recipes, all with 6 Ingredients and less than 15 minutes to make. . . And all with images. Bonus included - 10 Delicious Keto Smoothies. A Keto Diet can sometimes be hard. You dont have the time to make the delicious low carb food you have seen in Ketogenic Cookbooks or the worst case, you are eating the burger without the bun for the 4th time this week. To help you stay in ketosis, I want to make it as quick and easy as possible. . but without sacrificing any of the flavor. The 6 Ingredient Ketogenic Diet Cookbook has been created to: Help you create quick meals no more preparing food for an hour. Be easy Anyone can make a meal with 6 ingredients Easily found ingredients no golden grape tomatoes from a village in South America somewhere. The ingredients are easily found in your local supermarket. Be delicious More ingredients does not equal tastier. Sometimes simpler is better....



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