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Reviews

This ebook can be worthy of a read, and much better than other. I have read and i am certain that i am going to planning to go through again once again in the future. You may like just how the writer compose this book.

(Mr. Grant Stanton PhD)

KETO DESSERTS: KETO DESSERTS RECIPES COOKBOOK, KETO ELECTRIC PRESSURE COOKER COOKBOOK (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This offer includes 2 books: Book1: KETO DESSERTS RECIPES A year of sweet treats for ketogenic low carb diets (with nutritional value calculations per recipe) (Ketosis cookbook) All week you work hard at your job, you go to the gym, you eat your Keto diet, you stay on track, and you do your best. But do you ever feel like indulging yourself a bit? Do you ever feel like giving yourself a special treat that will not completely throw you off track with your eating plan? Well, this book is for you. The aim of anyone choosing a specific eating regime, should be overall that of enhancing his/her health. I think that the most difficult part of any diet lies in coupling healthy choices with your actual needs for psychological/physical gratification and satisfaction. It does not have to be an everyday thing. Just stay on track and then really celebrate the moment, let s say once a week, with one of these fabulous, indulgent Keto dessert recipes -Ketoessentials: the essential equipment to become a real ketochef -Getting to know the ingredients of the Keto dessert Chef: Sweeteners -Getting to know the ingredients of the Keto dessert chef: Flours -Fat bomb recipes -Keto cake recipes -Keto chocolate recipes -Keto mousses cream recipes -Keto ice creams -Keto traditional festivity recipes - Nutrition facts of the Keto dessert chef s main ingredients.each recipe is detailed with nutrition values and total and net carb calculation Book 2: Keto Electric Pressure Cooker Cookbook Many tend to exceed with some macros or in calories or can fall victim to the temptation to give up before they can truly experience the benefits of being keto-adapted. This Electric Pressure Cooker...



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