

## Easy And Healthy Keto Recipes For Rice Cooker And

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*Easy And Healthy Keto Recipes For Rice Cooker And*

2021-01-27

### GARDNER SOLIS

**The Essential Keto Diet Cookbook** Charles Jesuseyitan Adebola  
55% DISCOUNT FOR BOOKSTORES! Attract new customers with this book. They will love it! Boost your vegan-vegetarian shelf book sales dramatically with this cookbook. An inclusive Cookbook that will guide the reader step-by-step in cooking loads of Keto recipes with just a few ingredients! "Are you wondering why you can't lose weight? Have you tried many diets but never got the results you want? Are you looking for a cookbook with dozens of delicious dishes that at the same time allow you to keep your body weight under control? A ketogenic diet is distinctive from all the other health-oriented diets for several reasons. Firstly, it fully restricts the consumption of carbohydrates in the diet. It points out carbs as enemies of good health and active metabolism. Not only it restricts the intake but also set a standard formula to limit the number of carbohydrates taken per meal. The diet is not only restrictive in essence, but also suggestive. It promotes the use of good quality fats in food products. If it restricts carbs for one reason, it provides a rather healthy alternative. The ketogenic diet works progressively to reveal its results and effects on human health. It does not restrict the overall consumption of food and its amount per meal, but it focuses on the prohibition of certain macronutrients like carbohydrates. It guarantees not only physical fitness but also an improved mental condition. Ketogenic diet prescribes several alternatives to high carb food. Due to excess research in this field and increased demand, the food industry has been able to produce keto friendly products. Ingredients for keto foods are easy to find, they are only 5 or less, and the recipes are easy to make. You don't have to stress yourself any longer, all in the name of losing weight. The awesome part of all these is that keto friendly diets are tasteful to the taste buds. You don't have to sacrifice your love for sweet things on the altar of eating healthily. Find out how easy it is to prepare delicious dishes with this cookbook in just 30 minutes. You'll surprise yourself and your guests!" Lots of chefs and showbiz personalities are bringing Keto diet and Low-Carb cuisine to the forefront, and it is currently among the most talked about. This book is a real gold mine and has already sold hundreds of thousands of copies and received rave reviews from readers all over the world.Don't pass up the chance to have this book in your store!  
**Ketogenic Cooking** Createspace Independent Publishing Platform  
HELLO READERS, Are you aware of the fact that even vegetarians FAIL in their diet plans for weight loss although their meals mostly center on vegetables and fruits? Do you want to adopt an efficient diet plan that makes you lose weight without having to eliminate all fats? Do you wish to master cooking and serve yourself and your loved ones with the most finger-licking recipes and that too pure vegetarian? If the answer is YES, then this book namely 'SIMPLY KETO DIET FOR BEGINNER VEGETARIANS' IS DEFINITELY FOR YOU! Just turn over a few more pages and switch to a new lifestyle! In this simply keto cookbook, you will LEARN: - Keto diet on a budget: All easy recipes we suggest contain ingredients which are widely available in any grocery store, helping you to save time and money. The estimated time and nutrition per serving will also be included. - Keto diet on the go with Healthy Low-carb Snacks and Treats when eating outdoors or camping - There are 50 fresh and delicious, quick and easy recipes in this simply keto cookbook to ensure all beginner vegetarians will be able to enjoy food, despite dieting. We'll be sharing easy keto recipes for breakfast, entrée, snacks, camping, dessert along with healthy keto smoothies so you can keep munching a bit whenever you want. - How to easily achieve optimal ketosis. - Some notice for keto diet breastfeeding mums and diabetics - Nutrition counseling: how to avoid nutrient deficiencies when following the vegetarian keto diet for beginners - Some potential side effects of the keto vegetarian diet with common symptoms. - Some mistakes to be avoided when adopting the

ketogenic lifestyle - FAQs concerning ketogenic essentials This book which is based on Simply Keto Diet For Beginner Vegetarians is specially devised for people of every physical and medical shape! We have devised and written this simply keto recipe book considering the problems faced by beginners and this book is going to be your doorway towards a keto vegetarian lifestyle with meals for you and your loved ones, ensuring your health and access to nutritious life. To understand and grab more, scroll down and your success is guaranteed! GRAB A COPY INSTANTLY!!

**Keto Diet Cookbook for Beginners** Amanda Brooks

Do you like an idea of weight loss eating bacon and different meat-based meals? Yes, it's real if you're in ketogenic diet! Take the dust off your Instant Pot and start to create amazing weight loss keto recipes at home! Delicious, quick and healthy budget-friendly meals for you and your family in the pressure cooker. The ketogenic diet has become very popular nowadays. Its principle is based on the minimum carbohydrates intake and a large fat intake per day. Thanks to this diet your body will constantly be in the stage of ketosis. This is a natural process when the body digests food much more slowly than it usually does. A similar state of the body experiences in the survival mode. In other words, a ketogenic diet is low-carb, high-fat and moderate protein intake which causes the body to burn its own fat to generate energy for everyday life. When you're in the ketogenic diet maximum limit of carbohydrates is not more than 50 grams per day. To help you get all benefits from Ketogenic Diet we designed a Cookbook where: Collected most valuable main, side, soup and stew recipes You will enrich your life with healthy meals Your cooking level will increase You will lose your weight Under the cover of this book you'll find: Savory recipes for your family for any occasion Most delicious Instant Pot Recipes Preparation & cooking time Complete list of ingredients for each recipe Only simple and tasty recipes which can be applied to any experience level in cooking Go ahead and grab you valuable copy right away!

**Keto Diet For Men And Women: Quick And Easy Keto Recipes - Over 25 Special Ideas** Independently Published

Are You Ready to Lose Weight with Keto Diet Easily? Keto success is achieved by following low-carb principles but the weight loss is just the beginning. Studies have shown that the keto diet stabilizes mood, raises energy levels, controls blood sugar, lowers blood pressure, improves cholesterol, and more. Simply defined, a keto or ketogenic diet is an eating plan with high fat and very low-carb intake. This diet plan is composed of mostly fat and moderate protein. According to experts, the ratio can be stated as fat (70-80% from daily total calories); protein (10-20%), and 5-10% carbohydrates. You might be dubious about this eating plan because of its high-fat content. But due to its low carbohydrate diet, fats are effectively burned and converted to energy. A lot of people who have experienced its benefits have talked about keto's great effects on their health, wellness, and everyday performance. Are you looking for an easy but most importantly healthier way to adopt a keto diet? Then you came to the right place. Discover a simple, adaptable strategy to help maintain your keto diet no matter what your weight loss goals are. These keto-compliant recipes contain only a handful of easy-to-find ingredients, no fancy or branded products. That's a promise. For anyone new to the keto lifestyle who needs to learn the basics, this book explains the chemistry of keto, macronutrients, and the benefits of intermittent fasting. Here's a sneak peek of what's inside of this book: - A primer on the keto diet - Essential pantry-stocking tips on a budget - Power Keto breakfasts - No-fuss lunch and dinner recipes - Energizing and skin-firming smoothies - Delicious keto desserts - Versatile side dishes and snacks Keto lifestyle does not have to be complicated, time-consuming, unsustainable, or boring. This health-focused keto diet book will also introduce you to the ketogenic way of eating and cooking, so you can confidently enjoy the easiest and healthiest way towards a lasting weight loss and a whole new life on keto!

*Healthy Keto Cookbook* Mary Shepard

★★Get the Paperback and Receive the Kindle eBook for FREE★★ Do you want to save time, get in shape and stick to your health goals while planning and preparing delicious keto-friendly meals? Are you sick of staring at your unsightly love handles every time you pass by a mirror, wishing it would just go away? ...keep reading! Look, Keto is GREAT for losing weight. There's no denying it at this point. Just for one thing, or two. It requires a lot of attention to detail! You know what this means. For one, it often means calorie counting and macro tracking. This can be exhausting if you live a busy lifestyle or you're always on the go. But being a busy person shouldn't be an excuse to explain away your unhealthy lifestyle. You're going to discover that adhering to a Ketogenic diet doesn't have to take up much of your time and energy, and leave you free to pursue your passions while making sure you're as healthy as you can be...without having to burn a hole in your pocket! In Keto Meal Prep, you're going to discover: What the ketogenic diet really is in simple, plain English and how ketosis works to help you get in shape and optimum health How to start keto diet in a way to encourages consistency while helping you avoid mistakes Tailor-made meal plans suitable for your busy lifestyle that will make starting Keto and staying on track...easily. Twelve things that are included in a balanced keto diet. It includes some of your favorites! How to start meal prepping in the easiest and cheapest way possible Five foods to avoid in a keto diet to get the best results Detailed macros and carb count for each recipe A complete keto grocery list-from meats and vegetables to dry goods and spices Over 40 of the best keto recipes and from breakfast to dinner meal plans How to start prepare delicious ketogenic recipes even if you're at a beginner, intermediate, or expert level 9 of the unusual and delightful meal recipes full of flavor Precious tips for becoming a meal prep master The best 10 recipes to start your journey with a huge smile ...and tons more! Even if you've failed to make meaningful changes through Keto or you're always on the go, you can achieve success with the help of this comprehensive guide. All you need to do is follow the simple meal plans and... voila! Your fridge is chock-full of deliciously healthy keto-friendly meals to grab and go. As many other people successfully did, scroll to the top of the page and click the "Add To Cart" button to get your copy now!!

*Keto Recipes for Carb Lovers* Luciano Broyles

You and Your partner are on diet and are you looking for quick and easy recipes? Ketogenic diet comes with numerous benefits from increased energy to weight loss and even therapeutic medical applications. Even better, it is safe and can benefit almost everyone willing to try it. Wait no more! These delicious low carb recipes are ideal for Low Carb Keto Diet, High Fat Keto Meals, Ketogenic, and High Fat diets. This keto dessert cookbook is pure goodness in the palm of your hand! Keto Diet For Men And Women includes: Mouth-watering low carb keto recipes for Keto Breakfast Easy to prepare healthy keto appetizer and snacks recipes, beautifully laid out with gorgeous photography - making them a joy to create! 30 min ketogenic diet recipes that melt your tongue! Fast Keto recipes for Busy People for Weight Loss! Easy to follow directions and easy to find ingredients Ideal food for Low-Carb Keto Diet, High Fat, Ketogenic, Paleo and Gluten Free diets, and are also a great alternative to fat fried food Full color images, step by step guide and much more nutrition information Next-level cooking, healthy upgrade No guilt after eating! Whether you are new to the Keto diet or have been testing out the dishes for years, you will discover the recipes and tricks and tips that will help you prepare a healthy variety of snacks that will fuel you for your entire workout. Get a copy of Keto Diet For Men And Women, enjoy delicious food and live a healthier lifestyle!

**Keto Air Fryer Cookbook** America's Test Kitchen

Description Get This Amazing Book and for Your Purchase, Earn a 55% Discount! (BOOKSTORES ONLY). Are you fed up and done with not being able to lose weight? Have you tried other diets endlessly but nothing seems to work for more than a few weeks? Do you finally want to say

goodbye to those extra pounds and find something that works for you? Well, if so, this is the answer, because you've come to the right place. 50 recipes that your customers will love and thank you forever! Your customers will learn how to cook delicious and healthy meals in no time; from breakfasts to the tastiest drinks, this book has it all for all kinds of customers, vegetarians, or meat-lovers! By buying "Quick and Healthy Keto Diet Recipes: Cooking Tasty Keto Recipes as You Count Carbs and Practice Clean Eating for Both Vegetarians and Meat-Lovers," you'll be providing your customer with delightful recipes, such as: Spinach & Zucchini Lasagna Keto Bacon Cheddar Cornbread Waffles with Egg and Bacon Keto Peruvian Roasted Chicken & Green Sauce Asparagus & Tomato Frittatas with Havarti & Dill Garlic Alfredo Shrimp with Zoodles Ultimate Frozen Strawberry Margarita Keto Lamb Chops with Herb Butter Buy This Book Now and Allow Your Customers to Get into the Keto World!

[Healthy Keto Diet Cookbook](#) Keto

"Keto Meals in 30 Minutes or Less gives readers 100 delicious recipes for breakfast, lunch, dinner (and even snacks) that are quick, easy, varied, and delicious"--

**Easy Keto Diet for Beginners** Kassey Cameron

★ 55% OFF for Bookstores! Discounted Retail Price NOW at \$23.95, instead of \$29.95! ★ Do you find it difficult to start the Keto journey ON YOUR OWN? Do you want to enjoy tasty food without feeling hungry or unmotivated? Your Customers Will Never Stop to Use this Awesome Cookbook! The Keto Diet is great for the "one size fits all" approach and allows you an easy adaptation to your specific needs. This Keto cookbook provides the means to empower everyone to develop a customizable approach plan, offering many options while dealing with the limitations of the standard Ketogenic Diet. And all that without sacrifice Taste or Quality!! This easy to navigate Keto Cookbook has 50+ recipes in the following categories: Lunch Keto Recipes Dinner Keto Recipes This Keto Cookbook will take care of your scarce cooking time, increase your desire and commitment to the Keto lifestyle and show you the easiest & tastiest way towards a sustainable WEIGHT-LOSS and a BETTER LIFE while being on the keto. Buy it NOW and let your customers get addicted to this Amazing Book!

[Quick and Easy Keto Recipes: Healthy Low Carb, High-Fat Recipes in 30 Minutes Or Less](#) Victory Belt Publishing

500 Easy and Healthy Low Carb Recipes to Live a Lighter Life Preparing your own meals is essential to succeeding on the keto diet. But the typical keto recipes usually serve four or more, and with the average household size now less than three people, that's just too much food, especially if your goal is to lose weight and are looking for help with portion control. In this cookbook, you will find 500 easy and delicious two-serving keto recipes to minimize waste and monitor your portions. It's perfect for both singles and couples who are following the keto diet. Including recipes for every meal of the day, this cookbook is full of fantastic and flavorful low-carb recipes that fit your appetite and help you maintain your keto goals. If you're constantly on the rush and don't want to spend hours in the kitchen preparing food then Keto Diet for Two Cookbook is exactly what you been looking for! You will soon experience the flexibility provided for you as you begin your daily activities. If you want the full view, just add this great cookbook to your unique cooking library today!

*The Beginner's Keto Meal Plan* Julie Gabriel

Easy Ketogenic Diet for Beginners for Quick Weight Loss! Do you crave quick & effortless keto recipes? And I know you had tasty dinners with the loved ones and there are a few or more extra pounds "on board"! That's why I focused on creating the one and only Keto recipe book with 550 Delicious meals, that you'll ever need to cook to stay on Keto! Shoot for it! This simple, yet powerful keto cookbook has plenty of content in the following categories: My Top Keto Recipes No-fuss Brunch and Dinner recipes to keep "cheating" Energizing Smoothies and Breakfasts Great Meatless and Vegetarian recipes Great variety of Soups, Stews and Salads Fascinating Keto Desserts & Drinks Lots of protein recipes - Poultry, Meat, Fish & Seafood Craveable Side Dishes & Snacks This complete Keto diet book will take care of your scarce cooking time and will show you the easiest & tastiest way towards a PERMANENT WEIGHT-LOSS & New Life on the keto. Get it now and give yourself the best present!

[Simply Keto Diet for Beginner Vegetarians](#) Keto Forever

Are you on a diet and are you looking for a cookbook with tasty and exclusive recipes? Ketogenic diet comes with numerous benefits from increased energy to weight loss and even therapeutic

medical applications. Even better, it is safe and can benefit almost everyone willing to try it. Wait no more! These delicious low carb recipes are ideal for Low Carb Keto Diet, High Fat Keto Meals, Ketogenic, and High Fat diets. This keto dessert cookbook is pure goodness in the palm of your hand! Keto Diet Cooking includes: Mouth-watering low carb keto recipes for Keto Breakfast Easy to prepare healthy keto appetizer and snacks recipes, beautifully laid out with gorgeous photography - making them a joy to create! 30 min ketogenic diet recipes that melt your tongue! Fast Keto recipes for Busy People for Weight Loss! Easy to follow directions and easy to find ingredients Ideal food for Low-Carb Keto Diet, High Fat, Ketogenic, Paleo and Gluten Free diets, and are also a great alternative to fat fried food Full color images, step by step guide and much more nutrition information Next-level cooking, healthy upgrade No guilt after eating! Whether you are new to the Keto diet or have been testing out the dishes for years, you will discover the recipes and tricks and tips that will help you prepare a healthy variety of snacks that will fuel you for your entire workout. Get a copy of Keto Diet Cooking, enjoy delicious food and live a healthier lifestyle!

**The Essential Keto Diet for Beginners: Quick and Healthy Keto Recipes to Rapidly Lose Weight and Have a Happier Lifestyle. (30-Day Keto Meal Plan)** Fair Winds Press (MA)

Quick and Healthy Keto Recipes to Rapidly Lose Weight and Have a Happier Lifestyle! In this book you will find: ● Overview of Ketogenic Diet ● What Exactly is a Ketogenic Diet? ● What to Eat and What not to Eat ● Food Sensitivity ● Tips and Guidelines ● Frequently Asked Questions (FAQs) ● Lose 20 pounds in 30 days ● Smoothies and Smoothie-bowl Recipes ● Keto Breakfast recipes ● Fish and Chicken Keto Recipes ● Vegetarian Keto Recipes ● Quick Keto Meal Recipes ● Keto Snack and Dessert Recipes Get a copy of The Essential Keto Diet for Beginners for Easy and No-Fuss Meals!

[Super Easy Keto Diet Cookbook](#) Cider Mill Press

Do you want the healthy lifestyle you have always dreamt of? If you have heard about the keto diet, but simply do not have any idea about what meals to cook, you would love this keto cookbook which is a perfect beginner's guide to the revolutionary keto diet. This Keto Diet for Beginners cookbook contains the following categories: Breakfast Appetizers and snacks Beef, pork and lamb Poultry Seafood Soups and sides Desserts This complete keto diet book for beginners will take care of your scarce cooking time, increase your desire and commitment to the Keto lifestyle. From this cookbook you will learn: What is the Keto Diet? How Does the ketogenic diet work? How to know when you are in Ketosis Foods to Avoid The Health Benefits of Keto diet 30-day meal plan to make the start of your journey easier. And more... Get a copy of this great Keto Diet for Beginners Cookbook and enjoy your life once and for all.

*Keto Diet for Two Cookbook* Independently Published

Do you want to achieve your weight loss goals while keeping tabs on your macros? Do you want to save time and eat healthy keto-friendly meals? Do you want to reach and stay in nutritional ketosis? Planning and making your keto meals ahead has proven to be a simple yet effective way to exploit the limitless benefits of the ketogenic diet. You will also save time and have access to healthy homemade ketogenic meals and snacks on the go. This book, Keto Meal Prep Cookbook: The Essential Meal Prep Guide for Beginners, will give you practical and straightforward information on how to meal prep your keto meals efficiently without stress. You will find a very detailed beginner's kick-start guide, a comprehensive 14-day meal plan, more about meal prepping benefits and several delicious, easy to make and fast recipes such as: Cheesy Avocado Sandwich Golden Scrambled Breakfast Eggs Avocado Turkey Salad Cheese Crusted Salmon Chipotle Turkey Lettuce Wraps Shrimp Thai Coconut Soup Keto Taco Cups No-Sugar Lime Meringue Cookies and more Enjoy the many benefits of the keto diet, get a copy of Keto Meal Prep Cookbook, stay fit and eat your way to a healthier, happier and longer life!

*5-Ingredient Cookbook* Australian Women's Weekly

Getting in shape doesn't have to mean giving up good food. Give in to your cravings with Keto Desserts. Who says giving up sugars and carbs means you have to give up dessert, too? Enjoy the best part of every meal without kicking yourself out of ketosis with Keto Desserts, your go-to guide for all things sweet. With recipes made to tame your sweet tooth without cutting into your macros, you can indulge with confidence. The easy-to-follow recipes will have your cravings satisfied in no time flat. From delicious chocolates to spongy mug cakes and everything in between, you'll never again find yourself craving unwanted carbs. Getting in shape doesn't have to mean giving up good food, so give in to your cravings with Keto Desserts.

**The Super Easy Keto Diet Cookbook: Easy And Selected Keto Recipes For Your Healthy**

**Lifestyle** Charles Jesuseyitan Adebola

Planning and making your meals ahead will save extra money, cut down on time spent cooking daily and give you access to healthy, delicious and easy keto-friendly meals and snacks on the go. The Keto Meal Prep Cookbook is a one-stop-guide that will help you achieve your nutrition and weight loss goals, also ensuring that you are sustained in nutritional ketosis without getting kicked out. This book offers you a simple and practical approach to exploit the limitless benefits of keto meal prepping with each recipe, while enabling you to keep track of your macros consecutively. You will find: • How to meal prep efficiently without stress • A detailed beginner's guide • A comprehensive 30-Day meal plan • 100 scrumptious keto recipes, and more Plan your way to a longer, happier and healthier life.

*Easy Ketogenic Diet for Beginners* Laura J. Amin

NO DIET IS COMPLETE WITHOUT EASY KETO SNACKS AND TREATS HEALTHY 30 MIN KETO APPETIZER UPGRADE Ketogenic diet comes with numerous benefits from increased energy to weight loss and even therapeutic medical applications. Even better, it is safe and can benefit almost everyone willing to try it. Wait no more! These delicious low carb snacks recipes are ideal for Low Carb, Keto Diet, High Fat Keto Meals, Ketogenic, and High Fat diets. "Easy Keto Diet for Beginners Healthy Ketogenic Appetizers, Best Keto Snacks and Treats for Busy People." by Caren Warren is pure goodness in the palm of your hand! Easy Keto Diet Cookbook includes: about 40 mouth-watering low carb keto recipes for Keto Diet Everyday Meals easy to prepare healthy keto appetizers and snacks recipes, beautifully laid out with gorgeous photography - making them a joy to create! 30 min ketogenic diet recipes that melt your tongue! Fast Keto recipes for Busy People for Weight Loss! easy to follow directions and easy to find ingredients ideal foodfor Low-Carb Keto Diet, High Fat, Ketogenic, Paleo and Gluten Free diets, and are also a great alternative to fat fried food full color images, step by step guide and much more nutrition information Next-level cooking, healthy upgrade no guilt after eating! Lose Fat Quick, Feel incredible, Boost your energy, Satisfy your tooth living your Simple Keto Lifestyle with this low carb keto cookbook.

[Ketogenic Instant Pot Cookbook](#) Keto Forever

A simple, beautiful guide to the keto lifestyle for anyone who's ever felt stuck or incapable of losing weight (and even those who haven't). The ketogenic diet, a low-carb, high-fat way of eating, is remarkably effective at transforming people's lives, helping them shed pounds and find relief from common health conditions such as diabetes, Alzheimer's disease, heart disease, depression, autoimmune diseases, and high blood pressure. No one knows this better than bestselling author Suzanne Ryan. In her quest to overcome her lifelong struggle with her weight, she stumbled upon the ketogenic diet and decided to give it a shot. In just one year, she lost more than 100 pounds and reclaimed control over her health and well-being. Suzanne's first book, Simply Keto, isn't just a cookbook; it's a portal into her life and dieting success. It makes you feel like you have a guide who really understands what you're going through on your keto journey, and her aim is to help you get started without feeling overwhelmed or intimidated. She's honest and transparent about the details of her transformation—how she accomplished the incredible feat of losing almost 40 percent of her total body weight and developed a healthier and more balanced relationship with food, and how you can, too. In this book, Suzanne shares everything you need to know to get started and find your own success. You'll find • helpful advice for starting keto • grocery shopping tips • keto and weight loss FAQs • more than 100 easy recipes • a structured 30-day meal plan • guidance for living and thriving with the ketogenic lifestyle

**Keto Cookbook Easy** Simon and Schuster

★ 55% OFF for Bookstores! LAST DAYS! ★ Your Customers Never Stop to Use this Awesome Cookbook! Super Easy Keto Diet Cookbook for Quick Weight Loss! Do you crave quick & effortless keto recipes? And I know you had tasty dinners with the loved ones and there are a few or more extra pounds "on board"! That's why I focused on creating the one and only Keto recipe book with Delicious meals, that you'll ever need to cook to stay on Keto! Shoot for it! This simple, yet powerful keto cookbook has plenty of content in the following categories: My Top Keto Recipes No-fuss Brunch and Dinner recipes to keep "cheating" Energizing Smoothies and Breakfasts Great Meatless and Vegetarian recipes Great variety of Soups, Stews and Salads Fascinating Keto Desserts & Drinks Lots of protein recipes - Poultry, Meat, Fish & Seafood Craveable Side Dishes & Snacks This complete Keto diet book will take care of your scarce cooking time and will show you the easiest & tastiest way towards a PERMANENT WEIGHT-LOSS & New Life on the keto.