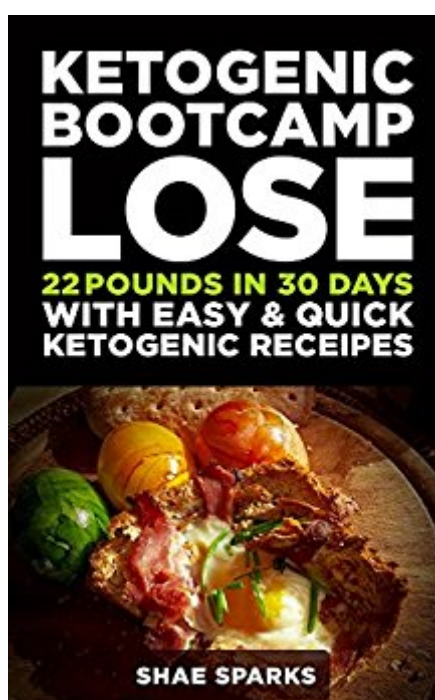


The book was found

Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds In 30 Days With Easy & Quick Ketogenic Recipes



Synopsis

KETOGENIC BOOTCAMP – Have you heard about the ketogenic diet, but you’ve thought you don’t have time for it? Well, think again. You always have time to make a healthy, positive change in your diet, and these recipes that take less than ten minutes to cook will prove that to you! In this book, you will find recipes such as: Breakfast Tacos, Jalapeno Cheddar Waffles, Bacon Cheddar Chive Omelet, Pumpkin Spice Latte, Blueberry Banana Bread Shake, Blackberry Chocolate Shake, Cinnamon Roll Oatmeal, Spinach, Onion, and Goat Cheese Omelet, Spinach Shamrock Shake Latte, Bulletproof Tea, 5 Ingredient Chicken Noodle Soup, Thai Peanut Shrimp Curry, Portobello Pizzas, Cumin Sesame Lemon Mug Cake, Sun-Dried Tomato Pesto Mug Cake, Green Chile Cheddar Mug Cake, Bacon Cheddar and Chive Mug Cake, Keto Sushi, 5 Minute Keto Pizza, Tater Tot Nachos, Prosciutto-Wrapped Asparagus Canes, Pressure Cooker Chicken Cacciatore, Lemon and Olive Liguria Chicken Recipe. As well as a grocery list at the end to help you so that you don’t have to spend all day trying to find ingredients for your recipes! You do have the time to change your life for the better by trying the ketogenic diet with these recipes, so scroll up and grab your copy today!

Book Information

File Size: 431 KB

Print Length: 52 pages

Simultaneous Device Usage: Unlimited

Publisher: Introspective Publishing (June 21, 2016)

Publication Date: June 21, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01HFH6QNK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #14,225 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6

in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine

#9 in [Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#) #13 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions](#)

Customer Reviews

Keto diet indeed kills your appetite. Besides, it makes easier to form healthy eating habits. For instance, you will less tend to eat a junk food and sweetnesses. Well, most of the sweetnesses are junk food too. Whatever, you have to be more responsible for your nutritional choices. This particular book helps me to switch to eating in a much healthier way. There are many delicious recipes here.

This is a great book on Ketosis. All of the things, tips and guides that I need to know about how to lose 22 pounds in 30 days with easy & quick ketogenic recipes are already included and well written inside. Shae Sparks has done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the "Spinach, Onion, and Goat Cheese Omelet & Prosciutto-Wrapped Asparagus Canes". Very delicious, healthy and easy to prepare. This book is really a great resource for those who want to learn more about Ketosis.

This book was a great read. It has a lot of info about what will help you burn fat and increase your energy. I am looking for a healthy way to lose weight and this book has helped me make the decision to include these smoothie recipes in my weight loss plan. This book motivated me and kept me focused on my goal to lose a few extra pounds. The recipes are refreshing. A must read for those who want to bring about a healthy change to their routine.

Admittedly, I never really heard of the ketogenic diet before reading this book. However, being insulin resistant, I found it to be extremely informative. I did agree with one of the other reviews about the proofreading errors, but aside from that it is a very well-written book. The recipes sound good, and the pictures included look even better. I can't wait to try some of these recipes out!

4 Stars for this "teaser" book that touches on a few Ketogenic recipes that would not be interesting enough to use (for me) for 22 days...one of the things I was most interested in was the "keto tater tots" and said recipe was to follow but there is no recipe included for them. Bummed, I love those

and was looking for a way to enjoy a reasonable facsimile.

I love Ketogenic diet, and this is one of the best books I have taken so far. The recipes are well written and the dishes are easy to prepare. Keto diet is very healthy, and this has become my way of life. If you want to lose weight in a short time, and to be healthy, then Ketogenic is a diet for you. I also recommend this book to you!

I found a recipe of my favorite breakfast dish; the spinach omelet on this book and the addition of goat cheese and onion would be a good twist which sounds mouth-watering to me. The brief information of ketosis was helpful and the recipes look good. I am happy with the content.

I can't boost for the results much since this is my day 4 but so far I'm loving it. Metabolism needs to get a boost but following the advice of this book I didn't find it that hard. Can't wait for day 30!

[Download to continue reading...](#)

Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, ... carb, low carb diet, weight loss) (Volume 1)
Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes
Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Keto Diet Guide: The Clear Guide to your Keto Path (Keto, Keto diet, Lose Weight, Recipes on Ketogenic and Paleo Diet Book 1) Keto Diet. Don't Harm Yourself: TOP 5 Ketogenic Diet Mistakes, The Beginners Guide on Keto Diet, Meal Plan for Weight Loss, Cookbook and Recipes, Body ... (Low-carb, Ketosis, High-Fat, Paleo Diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: Over 100 Pressure Cooker Recipes - The Essential Quick And Easy Ketogenic Pressure Cooker Cookbook: Ketogenic Cookbooks, Ketogenic Diet Books, Keto Diet Book (2nd) The 10 Day Ketogenic Cleanse: The

Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Ketogenic Diet For Beginners: The Step By Step Guide and 25 Recipes to Help You Get Healthy and Lose Weight Fast (Cookbook, Easy Recipes, Keto Diet, Ketosis, Weight Loss,) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) 365 Days of Ketogenic Diet Recipes: (Ketogenic, Ketogenic Diet, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Ketogenic Diet: 365 Days of Ketogenic Diet Recipes (Ketogenic, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)