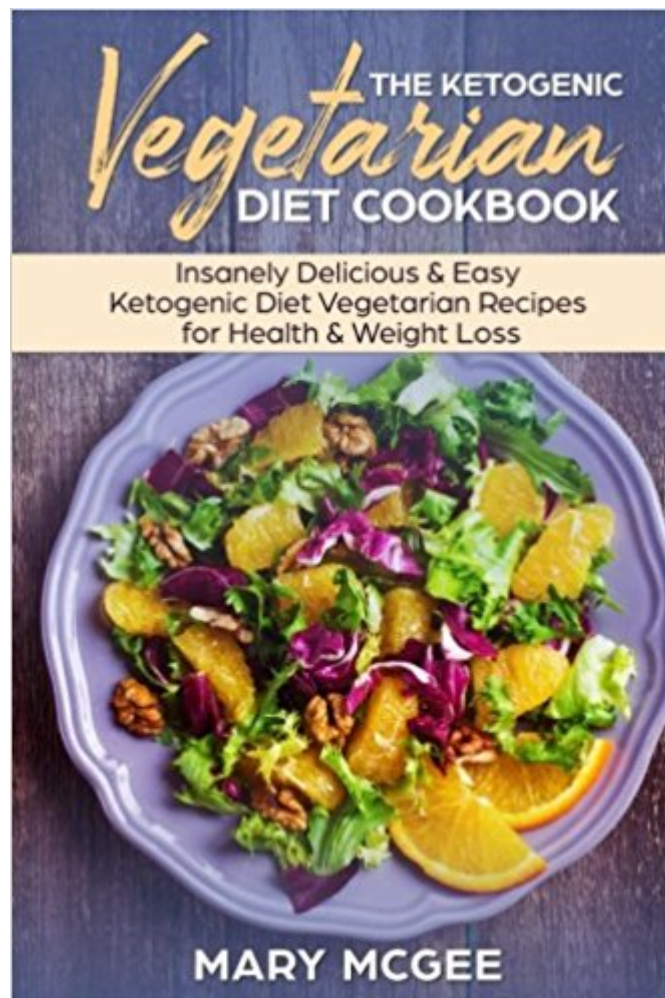




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The Ketogenic Vegetarian Diet Cookbook: Insanely Delicious & Easy Ketogenic Diet Vegetarian Recipes For Health & Weight Loss





Synopsis

Thousands of vegetarian cookbooks exist, but if you're also grain free, finding recipes that don't include bread, beans or other grains and legumes can be a frustrating endeavor. And although you've most likely heard all about Keto diet, if you're a certified veg, you've probably let its meat-heavy hype pass you by. But is there a way to experience the health benefits of Keto diet, without the meat? As you read through this book, you will learn that these two popular eating lifestyles, Keto diet and Vegetarianism, can and should co-exist harmoniously to give a proposed better alternative than practicing keto or vegetarianism alone. Discover the simple, easy and clean recipes in Ketogenic Vegetarian Diet Cookbook and learn how to cook your way to a healthier life through the ketogenic diet while feeling full and satisfied all the meanwhile!

Book Information

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Best Sellers Rank: #89,316 in Books (See Top 100 in Books) #124 in Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #230 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

Thanks

I love this cookbook! I highly recommend it to any Keto dieter looking for "wicked good" recipe ideas. Delicious!

The cookbook is so useful. Many questions I had are answered.

Like the way it cooks tasty and have a meal that has lots of flavor.

The recipes in this book are tasty!! love it.

Good recipes. Clear to understand. Can't wait to try them!

This cookbook is perfect~It saves so much time,the recipes are very easy to follow.

Many recipes to choose from. I have used some of them and it came delicious.

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