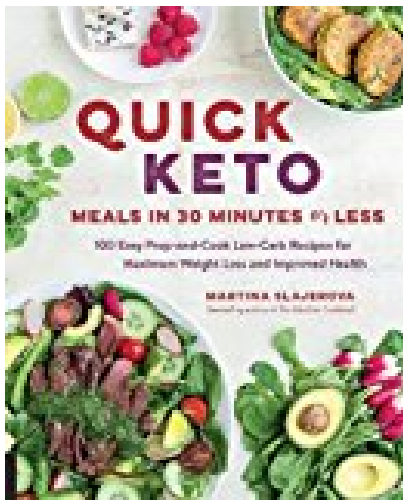


Quick Keto Meals in 30 Minutes or Less 100 Easy Prep-and-Cook Low-Carb Recipes for Maximum Weight Loss and Improved Health



BOOK DETAILS

- Author : Martina Slajerova
- Pages : 192 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592337619

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BOOK SYNOPSIS

Keto is increasingly being regarded as the go-to eating plan for losing weight, reversing diabetes, or even maintaining general health. However, cooking ketogenic accurately and consistently can be a challenge. Adapting recipes to make them keto-friendly often adds cooking time, preparation, and hard-to-find ingredients. That isn't always feasible when you need to get a meal on the table after a busy day--and even keto followers can't live on avocados and bacon alone. 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. -Recipes are suitable for busy lifestyles -Recipes use commonly found ingredients -Recipes call for fewer ingredients and fewer steps -Recipes take a short amount of time to prepare--or can be made in large batches or used to build out other recipes such as casseroles, slow-cooker entrees, and pre-prepped vegetables and sides.

QUICK KETO MEALS IN 30 MINUTES OR LESS 100 EASY PREP-AND-COOK LOW-CARB RECIPES FOR MAXIMUM WEIGHT LOSS AND IMPROVED

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