



# **Ketogenic Diet: 50 Quick and Easy 5 Ingredient Ketogenic Recipes Cookbook**

*Jeremy Stone*

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*Jeremy Stone*

**Ketogenic Diet: 50 Quick and Easy 5 Ingredient Ketogenic Recipes Cookbook** Jeremy Stone  
**Get Insanely Easy and Delicious Ketogenic Recipes That Can Be Made Using Only Five Ingredients!** What if you always had enough time to make delicious Ketogenic Diet recipes? What if you had quick and easy Ketogenic recipes with all the nutritional information right in front of you?

Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us.

By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite.

**Bestselling author Jeremy Stone** will show you how you can make healthy Ketogenic meals that take only minutes to make in this extensive cookbook. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his tasty secrets to making Ketogenic Diet 5 ingredient recipes that will help you save time and lose weight!

## **In this book, you will learn ...**


- How to make over 50 Keto-approved 5 ingredient recipes with full nutritional information
- An easy to understand overview of the Ketogenic Diet
- The benefits of 5 ingredient recipes
- Why many other ketogenic cookbooks aren't really ketogenic
- How to make ketogenic 5 ingredient recipes for any occasion; breakfast, main course, salads, snacks and side dishes.
- BONUS: 30 Additional Ketogenic Recipes E-Book

## **Here are just some of the exciting recipes you will find inside:**

- Sausage Gravy
- Apple Sausages
- Spicy Garlic Butter Shrimp
- Sautéed Scallops with Garlic and Parsley
- Perfect Boneless Pork Tenderloin
- Almond-Crusted Tilapia
- Cheesy Chili Dip
- Brown-Butter Roasted Pecans with Rosemary
- Bacon-Jalapeño Poppers
- Classic French Onion Soup
- And many, many more!

**Never skip another Ketogenic meal again, get your copy today!**

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