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The Wicked Good Ketogenic Diet Cookbook: Easy, Whole Food Keto Recipes for Any Budget (Paperback)

By Amanda C Hughes

Rockridge Press, 2016. Paperback. Condition: New. Language: English . Brand New Book. If you are embarking on a ketogenic lifestyle journey, this cookbook is your roadmap! I am relatively new to keto and have a group of clients that I am guiding through a low-carb lifestyle and intense fitness program. We are cooking our way through this book and getting amazing results! -Kate Jaramillo, Reader and Ketogenic Diet Follower Watching your waistline along with your wallet can be frustrating-but you shouldn't have to let your budget stand in the way of your health. Just ask chef Amanda Hughes, whose drastic weight loss on the Ketogenic Diet prompted her to write a cookbook that balances meals and budgets. The Wicked Good Ketogenic Cookbook is packed with easy to prepare low-carb and high-fat recipes that are both appetizing and affordable. Once you learn the tips and tricks to help you start and stick with this low-carb and low-cost lifestyle, you'll discover that the Ketogenic Diet is not just a diet, it's a way of life. The Wicked Good Ketogenic Cookbook contains: 175 Ketogenic Diet Recipes: easy to prepare low-carb, high-fat recipes that use clean, whole foods Money Saving Tips: advice...



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Reviews

This kind of book is every little thing and made me searching ahead of time plus more. This is certainly for anyone who states that there was not a well worth reading through. Its been developed in an remarkably straightforward way in fact it is simply following i finished reading this pdf in which really modified me, alter the way i really believe.

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