

# THE ESSENTIAL KETO COOKBOOK

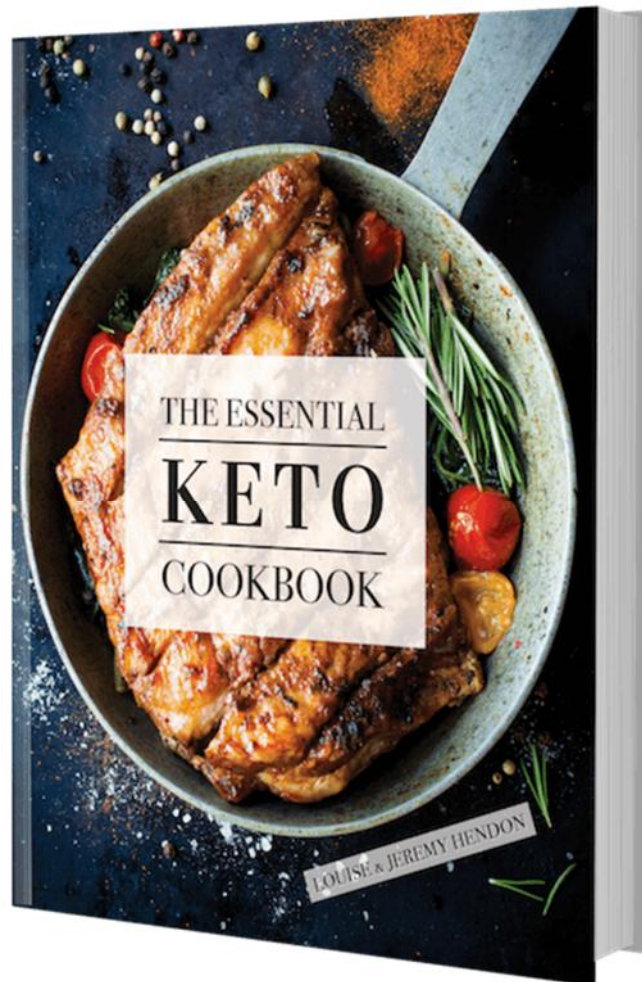


**WARM, FLUFFY, FRESH-BAKED  
BREAD... 100% KETO AND MORE  
DELICIOUS THAN ANY STORE-  
BOUGHT BREAD**

**LOUISE  
HENDON**

The physical version of the Essential Keto Cookbook with 100+ Keto recipes including breakfast, appetizers, entrees, desserts, drinks, and snacks. Net-carb, fat, protein, and calorie count for every recipe. Enjoy recipes like Creamy Breakfast Porridge, Fiery Buffalo Wings, Mini Burgers, Jalapeño Corn Bread, Fish Tacos, Popcorn Shrimp, and tons more.

105 ketogenic diet recipes to help you feel energized, regain your health, lose weight, and keep you in nutritional ketosis.

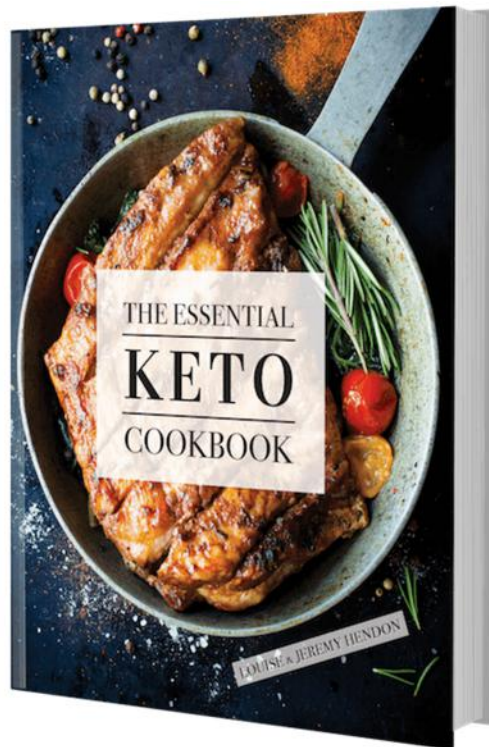


[\*\*CLICK HERE TO DOWNLOAD THE COOKBOOK\*\*](#)

There are 140+ pages in this full-color and beautifully-designed ketogenic cookbook, and they are filled with helpful cooking tips, high resolution recipe photos, as well as scrumptious and easy keto (as well as low-carb) recipes.

The Essential Keto Cookbook also includes a KETOGENIC MEAL PLAN + KETOGENIC DIET FOOD LIST so you'll never be lost on the keto diet again!

124+ ketogenic diet recipes to help you feel energized, regain your health, lose weight, and keep you in nutritional ketosis. All recipes now contain nutritional info (including net carb counts).



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200+ pages of full-color and beautifully-designed ketogenic recipes, filled with helpful cooking tips, high resolution recipe photos, as well as scrumptious and easy keto low-carb) recipes.

The Essential Keto Cookbook also includes...

A complete KETOGENIC MEAL PLAN (including breakfast, lunch, and dinner - designed to be less than 20 grams of net carbs per person per day)

A full KETOGENIC DIET FOOD LIST so you'll never be lost on the keto diet again.

We've got you covered from morning til night. Enjoy ketogenic recipes like:

Creamy Breakfast Porridge

Fiery Buffalo Wings

Jalapeño "Corn" Bread

Mini Burgers

Cauliflower "Rice"

Chocolate Biscotti

Thai Chicken Pad See Ew

Coconut Ghee Coffee

Easy Bone Broth

Chinese Pork Spare Ribs

Fish Tacos

Beef Curry

Popcorn Shrimp

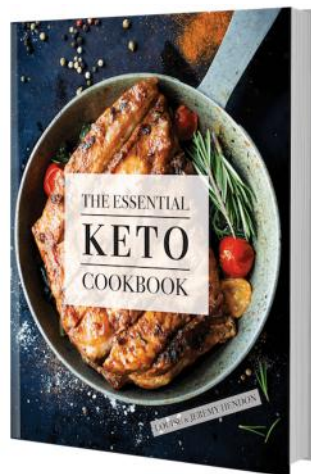
Chocolate Coffee Coconut Truffles

plus 110+ more keto recipes that will delight your tastebuds, nourish your body, and help you lose fat and stay in ketosis.

All recipes in this cookbook are fully compliant with the ketogenic diet and are also sugar-free, low-carb, gluten-free, grain-free, dairy-free, and legume-free, but yet still super-tasty.

And we've got breakfast keto recipes, keto snack recipes, keto dessert recipes, as well as keto appetizer, entree, side dish, and drink recipes.

So you can enjoy all these amazing low carbohydrate meals knowing that you'll not only be losing weight by following a ketogenic diet but also be improving your health by using low-inflammatory (Paleo) ingredients that are high in nutrients and low in toxins.



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To ensure you are eating low-inflammatory foods, we've also kept the use nuts and seeds to a minimum and omitted all dairy (except ghee, which can be substituted) from the recipes.

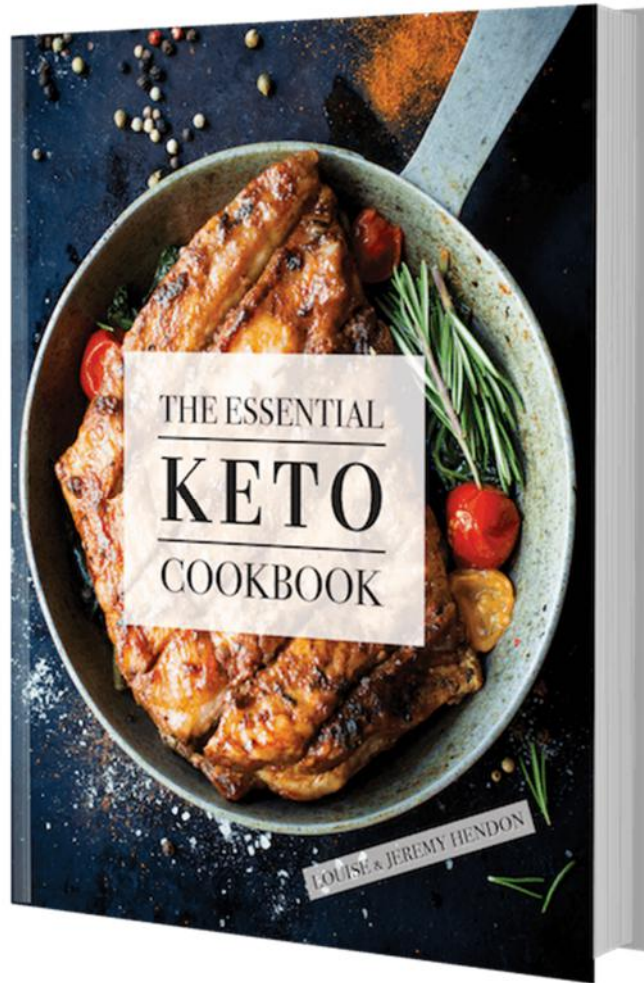
We want to help you not only to lose weight, but also to look healthy, feel full of energy, and keep that weight off for good! And this cookbook is designed to help you on that journey.

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