

[PDF] The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals To Heal Your Body

Jimmy Moore, Maria Emmerich - pdf download free book



Books Details:

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Author: Jimmy Moore, Maria Emmerich

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Description:

In 2013, the fifth-most Googled diet search term was *ketogenic*; in 2014, it rose to number two. Now, the highly anticipated *Ketogenic Cookbook* is set to be the ultimate resource for the growing

number of people interested in eating a low-carb, moderate-protein, high-fat diet to lose weight, improve their health, and heal their bodies from the inside out

In this first-of-its-kind collection, Jimmy Moore, leading low-carb diet blogger and podcaster and bestselling author of *Keto Clarity*, joins forces with fellow keto advocate and nutritionist Maria Emmerich to bring you more than 150 delicious, real food-based, keto-friendly recipes that are ideal for anyone who wants to be in nutritional ketosis or simply wants to eat healthier.

In addition, *The Ketogenic Cookbook* explains why a ketogenic diet can help treat chronic illnesses from type 2 diabetes to heart disease to epilepsy, offers practical advice for pursuing nutritional ketosis, outlines the unique combination of whole foods that will help you become ketogenic, and much more.

If you're seeking a healthier way to eat that will help heal your body of damage done by years of eating tons of sugar and carbs, the ketogenic diet may be for you. There's no need to sacrifice taste for good health!

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