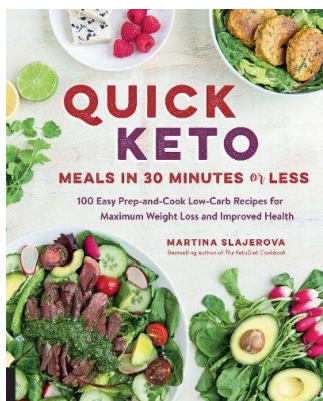


[PDF] Quick Keto Meals In 30 Minutes Or Less: 100 Easy Prep-and-Cook Low-Carb Recipes For Maximum Weight Loss And Improved Health

Martina Slajerova - pdf download free book



Books Details:

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Description:

The keto diet is being regarded as the go-to eating plan for weight loss, to keep blood sugar stable, or simply staying healthy.

However, adapting recipes to make them keto-friendly means adding cooking time, preparation, and hard-to-find ingredients. Things that aren't possible 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 presents you with 100 delicious recipes rich with healthy fats for breakfast, lunch, dinner, and even snacks that are quick, easy, varied, and delicious.

Don't spend two hours making one meal! All of these ketosis recipes take a half hour to hit the table, can be made in large batches, or built into other dishes, like casseroles, slow cooker entrees, and more. Plus, all ingredients are easy to find, so there's no searching specialty stores.

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