

87 Low Carb Recipes For 100 Plant Based Ketogenic Diet Nutrition Guide

The Complete Guide to Plant-Based Keto

Looking for a way to lose weight and improve your health? The 87 Low Carb Recipes For 100 Plant Based Ketogenic Diet Nutrition Guide is the perfect solution for you!



The Keto Vegan: 87 Low-Carb Recipes For A 100% Plant-Based Ketogenic Diet (Nutrition Guide) (The Carbless Cook Book 4) by Lydia Miller

★★★★☆ 4.3 out of 5

Language	: English
File size	: 13176 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 252 pages
Lending	: Enabled



This book provides everything you need to know about the ketogenic diet, including:

- What is the ketogenic diet?
- How does the ketogenic diet work?
- What are the benefits of the ketogenic diet?

- How to start the ketogenic diet
- 87 delicious and easy-to-follow ketogenic recipes
- A 100-day meal plan
- Tips and tricks for success on the ketogenic diet

The ketogenic diet is a high-fat, low-carbohydrate diet that has been shown to be effective for weight loss, improving blood sugar control, and reducing inflammation.

The plant-based ketogenic diet is a variation of the ketogenic diet that excludes all animal products. This makes it a great option for vegans and vegetarians who want to experience the benefits of the ketogenic diet.

The 87 Low Carb Recipes For 100 Plant Based Ketogenic Diet Nutrition Guide provides everything you need to get started on the plant-based ketogenic diet, including:

- A comprehensive overview of the ketogenic diet
- A detailed 100-day meal plan
- 87 delicious and easy-to-follow ketogenic recipes
- Tips and tricks for success on the ketogenic diet

If you're looking for a way to lose weight and improve your health, the 87 Low Carb Recipes For 100 Plant Based Ketogenic Diet Nutrition Guide is the perfect solution for you!

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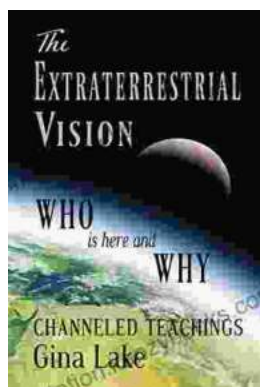
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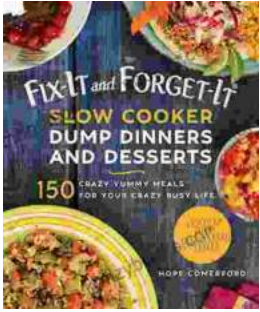
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