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By Ella Coleman

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Three of Ella Coleman's Keto cookbooks now available in one Bestselling Bundle

Keto Living Cookbook - The Perfect Cookbook for the Ketogenic Diet

Simple, Wholesome, Delicious Low-Carb & High-Fat Recipes for Every Course Designed to Kickstart Your Fat Burning Journey

The Keto Living Cookbook was written by Ella Coleman, an accomplished cook who loves experimenting with flavor combinations, and delights in eating and living a Ketogenic lifestyle.

It's no secret that carbs raise blood sugar, and our body produces insulin to get rid of it. The insulin then helps glucose convert to fat, and this is stored in our fat cells.

On the Ketogenic diet, carbs are limited and fats are eaten in preference, keeping the body in a state of ketosis and burning fats for a good, steady stream of energy.

Sounds complicated? Think again - The Keto Living Cookbook makes it easy to enjoy many of your favorite meals prepared to suit a Keto lifestyle, including -

101 recipes with easy-to-follow instructions for a scrumptious selection of meals

and snacks straight from your kitchen to the table!

Lose the weight and love reaching your goals with the amazing selection of recipes to be discovered in the Keto Living Cookbook.

Keto Living Cookbook 2 - Sweet and Savory Recipes

Have Your Cake and Eat It Too!

Containing 101 delicious, easy-to-make sweet and savory snacks, this exciting new collection of recipes dispels the myth that a life without carbs means a life without fun foods or flavor.

With a little fun and creativity, this book will become a fail-safe in your arsenal of tools to stay in Ketosis. Lose the weight, and love reaching your goals with this fantastic cornucopia of recipes just waiting to be discovered in the Keto Living Cookbook 2.

From pizza to pancakes, muffins to meatballs, ice-cream and more, the recipes you'll discover in the Keto Living Cookbook 2 are designed to satisfy a hunger yet leave you feeling curiously guilt free in the blissful aftermath and includes - **A Comprehensive Guide to Keto-friendly Substitute Sweeteners** to use in your Keto cooking in place of sugar.

Keto Living - Fat Fast Cookbook to Kickstart your Fat Burning and break through a stall!

Including the Science and Theory behind the Fat Fast Protocol - Why it Works, How to Get Started and 50 Tasty Recipes.

This unique outing in the Keto Living series from Ella Coleman, will take you on a journey into the exciting world of Fat Fasting, an excellent strategy to break through a stall in weight loss and guide you to a state of Nutritional Ketosis.

The Keto Living Fat Fast Cookbook starts by taking you back to the origins of Low Carb dieting and Fat Fasting and looks at the relevant pioneering studies and their astounding conclusions.

The misconception that a Fat Fast means staring at a block of cream cheese for three days is quickly put to rest!

Including Delicious Fat Fast Recipes Such As...

- Parmesan Chicken Balls
- Shiritaki Noodles with Artichoke Pesto Sauce

- Marscarpone Lime Creams
- ...And Dozens of other Sweet and Savory Recipes

With many questions answered, the **Keto Living Fat Fast Cookbook** then delivers 50 Delicious Savory and Sweet Recipes designed to make the whole journey an adventure.

All of these books include other useful tools such as

:-

- Nutritional Information - Net Carbs, Protein and Fats Counted and Fat Percentages Calculated for Every Recipe
- An Appendix of where to easily source additional Fat Fasting Recipes
- **Both** US Standard and Metric measurements

The Keto Living Fat Fast Cookbook Bundle, is a truly comprehensive collection to this unique diet.

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Theresa Adams:

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