

[PDF] Bacon & Butter: The Ultimate Ketogenic Diet Cookbook

Celby Richoux - pdf download free book



Books Details:

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Author: Celby Richoux

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Description:

All the recipes you'll ever need to live and eat well on the ketogenic diet!

Celby Richoux was overweight, exhausted, moody, and suffering from a range of physical discomforts when she found the ketogenic diet. But all that changed once she adopted its high fat, low carb principles.

You too can reap the benefits of the ketogenic diet with *Bacon & Butter*, your ultimate companion for keto cooking, today and every day. Whether you've come to keto through the guidance of your doctor or you're looking for a sustainable way to lose weight, Celby's recipes will boost your health and change the way you think about food forever. Features include:

- Clear explanations of why fat is your friend
- At-a-glance charts of keto-friendly foods
- Ideas for how to handle social situations--from office parties to holiday family dinners--while doing keto
- Handy nutritional information for each recipe, plus suggestions for keeping track of your nutrients

Enjoy the classic flavors of all your favorite foods with keto-friendly recipes that will keep your diet on track and your taste buds happy.

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