

[PDF] The Wicked Good Ketogenic Diet Cookbook: Easy, Whole Food Keto Recipes For Any Budget

Amanda C. Hughes - pdf download free book



Books Details:

Title: The Wicked Good Ketogenic Die

Author: Amanda C. Hughes

Released: 2016-06-21

Language:

Pages: 266

ISBN: 162315734X

ISBN13: 9781623157340

ASIN: 162315734X

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pdf, mobi, epub, azw, kindle

Description:

“If you are embarking on a ketogenic lifestyle journey, this cookbook is your roadmap! I am relatively new to keto and have a group of clients that I am guiding through a low-carb lifestyle and intense fitness program. We are cooking our way through this book and getting amazing

results!”—**Kate Jaramillo, Reader and Ketogenic Diet Follower**

Watching your waistline along with your wallet can be frustrating—but you shouldn’t have to let your budget stand in the way of your health. Just ask chef Amanda Hughes, whose drastic weight loss on the Ketogenic Diet prompted her to write a cookbook that balances meals and budgets. *The Wicked Good Ketogenic Cookbook* is packed with easy to prepare low-carb and high-fat recipes that are both appetizing and affordable. Once you learn the tips and tricks to help you start and stick with this low-carb and low-cost lifestyle, you’ll discover that the Ketogenic Diet is not just a diet, it’s a way of life.

The Wicked Good Ketogenic Cookbook contains:

- **175 Ketogenic Diet Recipes:** easy to prepare low-carb, high-fat recipes that use clean, whole foods
- **Money Saving Tips:** advice on how and where to shop to save money along with price points for every recipe
- **A Comprehensive Introduction:** details on the main differences between keto and paleo diets and everything else you need to know on how to stay fit and stick with the Ketogenic Diet

“This is the BIBLE for the Ketogenic Diet and an amazing way to lose weight! The recipes are wonderful. Amanda has put together recipes that are easy to follow, beautifully displayed, and DELICIOUS as promised.”—**Margaret Wynn, Ketogenic Diet Devotee**

Discover the simple, clean recipes in *The Wicked Good Ketogenic Cookbook* and learn how “wicked good” it feels to follow the Ketogenic Diet.

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