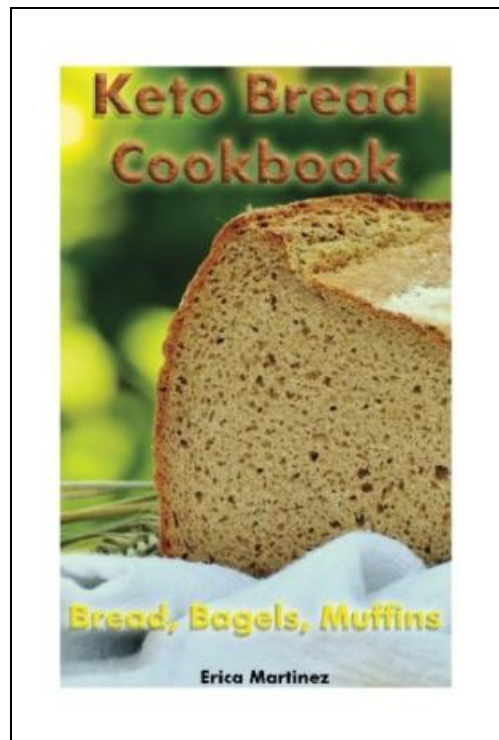


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Keto Bread Cookbook Bread, Bagels, Muffins Diet fads have come and gone but the ketogenic diet still remains one of the best-scientifically proven ways to lose weight. Utilizing the metabolic state of ketosis in which your body switches from burning carbs to directly burning fat, this diet puts you right where you need to be in order to lose weight. It sounds great on paper, but completely cutting out carbs would take away a lot of the foods that we love, and among the most beloved of those foods that have to be ditched in order to cut carbs is bread. Bread is a part of just about every meal, and for most of us eating just wouldn't be quite the same without it. Even if you really like meat, somehow the idea of eating a pile of plain hamburgers without a hamburger bun anywhere to be seen, just isn't appealing. But if you play your ketogenic cards right, and use the right ingredients, you can come up with some surprisingly tasty alternatives to the bread favorites that we know and love. This book seeks to solve the bread deficit that many ketogenic dieters face, by teaching you several solid recipes in which you can create your very own bagels, muffins, and whole loaves of bread that are low carb and completely ketogenic safe. Keep reading to find out how you can make the best of your ketogenic diet with delicious low carb bread alternatives. In this book you will learn how to: Make your own Ketogenic recipes Understand proper cooking methods And more!.

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