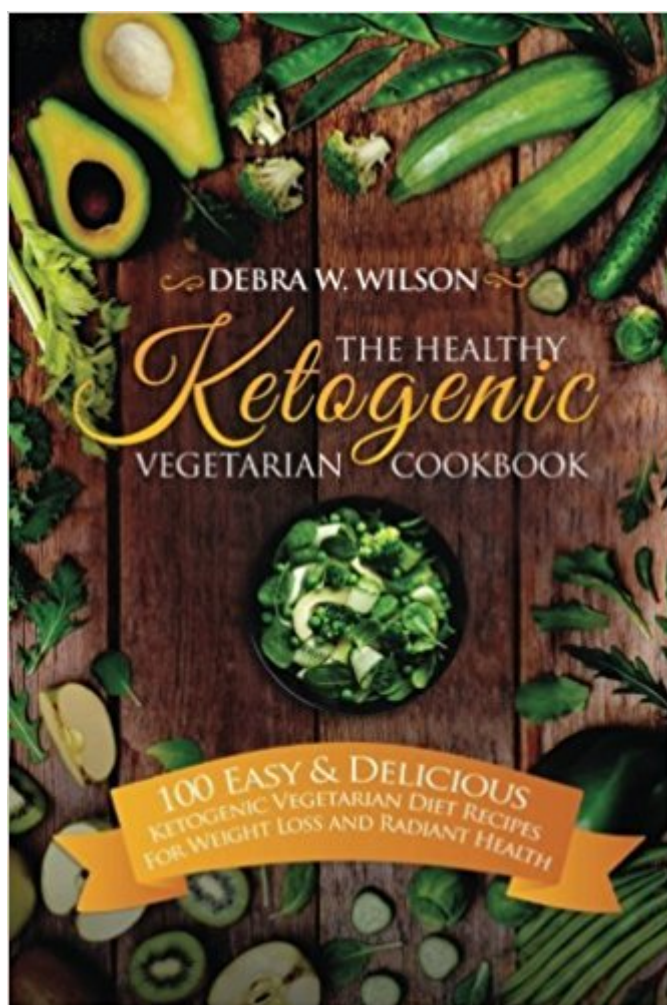


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# The Healthy Ketogenic Vegetarian Cookbook: 100 Easy & Delicious Ketogenic Vegetarian Diet Recipes For Weight Loss And Radiant Health (Vegetarian Keto Diet) (Volume 1)





## Synopsis

The benefits of a ketogenic, low carb diet have been known for decades, and it has been proven time and again that cutting carbs to minimal levels in your diet can transform your body, by making it burn its own fat for fuel in a natural reaction called ketosis. Those following a vegetarian low carb diet may find they need to use the pre-prepared low carb products (such as low carb snack bars and shakes) that are on the market more than meat eaters. This is all down to personal taste and choice though, and it is safe and healthy to follow a vegetarian low carb diet without these products.

## Book Information

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## Customer Reviews

I was very impressed with the depth of the recipes. Many are simple and easy to make--making the keto lifestyle a doable goal. I am already using some the ideas from the book. The recipes are easy to understand and straightforward. There is helpful information about the vegan keto lifestyle in the beginning of the cookbook, but I would not call this a how-to be vegan keto book. I suggest people considering the vegan keto diet do research and have this cookbook as an aide to planning meals.

Recently I've decided that every 2 days I'll cook something new and unusual. So I read lots of books and articles in magazines and chose some recipes. I was not sure about this book because no-one in my family is vegetarian but I decided to try. To be honest nobody expected that it would be so delicious. Moreover it is really very healthy. So this book is a leader among other cookbooks now. I am satisfied even though I haven't tried all the recipes.

Thanks

This has been an amazing transformation for us. Eliminating all the processed foods, etc., has made a tremendous difference in how we feel, Highly recommend it to anyone!

Great Recipes. Love it!

Can not wait to try out these recipes.

The set of recipes found in this book are awesome. I really enjoyed the once i tried out.

good deal.

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