

Low carb coconut flour recipes and ketogenic diet: low carb diet. low cholesterol diet. gluten free diet. diabetic diet. sugar free diet. High Protein diet. low Salt diet.

A low-carb diet is a diet, which limits your carbohydrate intake, like those that can be found in starchy vegetables, grains and some types of fruits, and emphasizes food high in fat and proteins. A low-carb diet is mostly used to lose weight and get yourself in the better health condition. Low-carb diets can have some other, benefits beyond giving you a slimmer figure, for example, reduction of various risk factors associated with development of diabetes, especially type 2, and metabolic syndrome. Ketogenic diet is extremely effective to get lean because it works by resetting the body to start working using fat as fuel in the absence of carbs. This cookbook is for those who are trying to gain a slimmer figure and lose weight in a completely safe and natural way. By following the balanced Keto diet, you will be able to look and feel better. Each of 50 recipes listed in this book has been tested and approved by our chef in order to provide you with maximum taste and nutrition and the benefit of a flattering effect on your figure. Following Keto diet is not always easy, however, the recipes listed in this cookbook help to make the Keto diet easy and simple to enjoy.

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