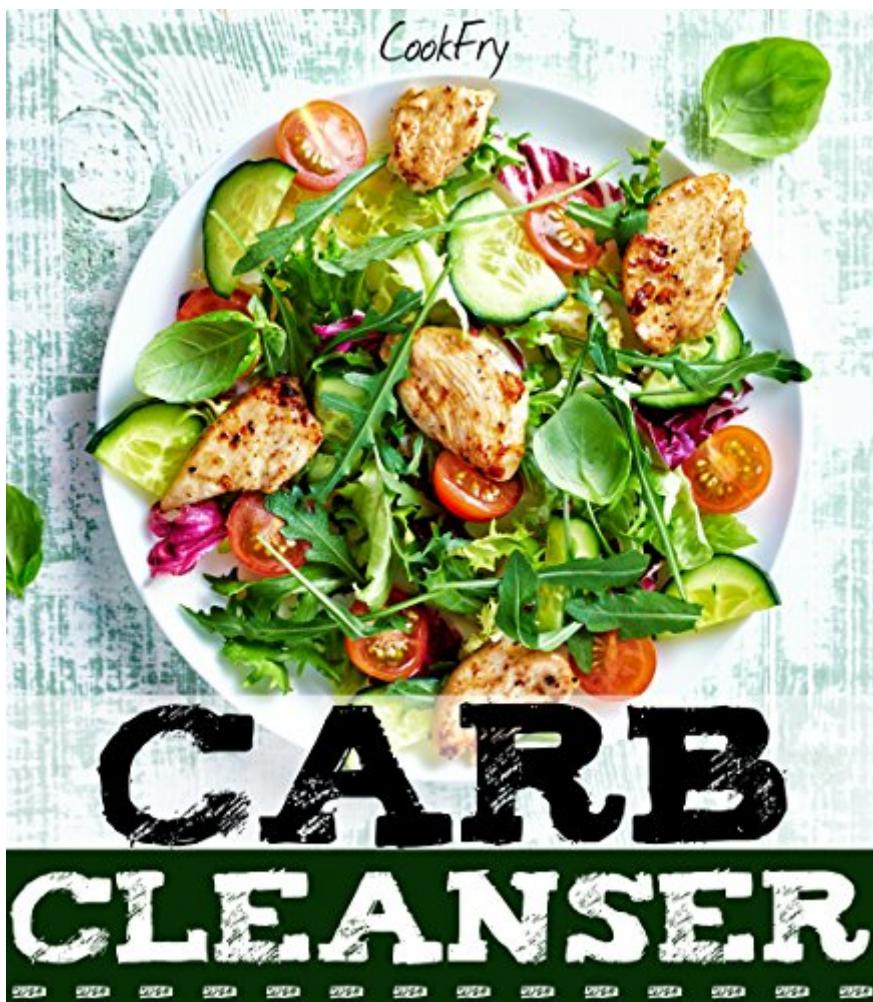


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Carb Cleanser: 180+ Ultra Low Carb, Ketogenic, High Fat, Grain-Free, Gluten-Free Paleo Recipes



Synopsis

Ketogenic Diet is a dietary plan that teaches your body to burn fat instead of sugar. It's a tried, tested and proven way of reversing health problems like obesity, epilepsy, high blood pressure, autoimmune disease and more. If you have any of these problems and want to try the ketogenic diet, or want to shift your body from being a sugar burner to fat burner, this book is for you.

Ketogenic recipes are grain-free, gluten-free and parallels well with Paleo principles. They are notoriously fast, easy and simple to prepare and will help induce and heal your body during Ketosis. It has a wealth of dairy-free, nut-free and egg-free options and therefore ideal for anyone with certain types of food allergies. Carb Cleanser includes over 180 awesome recipes. These are the complete set of low carb recipes you will ever need.40+ One Skillet Recipes, fit for busy moms who cannot wait - prepare the food under 30 minutes.40+ Crockpot / Slow Cooker Recipes, fit for workaholics, just set & forget.30+ Breakfast & Snacks Recipes30+ Delectable Desserts, Fat Bombs & CookiesLime Asparagus ChickenGround Beef & Spinach ButterCreamy Cauliflower HamburgerTilapia Avocado Fish BowlHerbed Cabbage SoupBrussels-Egg BurgersVanilla Crème BrûléeCocoa Mocha Fat Bombs#All the ingredients are carefully laid out as per Ketogenic guidelines and maximum effort has been made to improve the accuracy of the nutritional chart.#

Book Information

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Customer Reviews

When it comes to cookbooks dedicated to providing recipes that are very low in carbohydrates, this 318 page book is just about the ideal approach. I love the way this is written, organized and illustrated. Rather than try to explain why this is my pick for Best Cookbook of the Year, take a glance at the attached screenshots. Five stars out of five.

This book is one of the best diet book I have ever read. This book contains food recipes that are low in carbohydrate and highly ketogenic or fat. The recipes stated in this book is suitable for weight loss, people with heart problem, epilepsy and many others. The writer stated when following this diet, the body make use of body fat in the body as fuel. I am very happy I got to read this book.

This book is the ideal book for those who are conscious about their weight. This book contains the low carb ketogenic recipes. The recipes are not only delicious but the preparing method is also easy to understand. The author has tried to add the simple ingredients which can be found easily. The nutrition facts also added by the writer so that we can check how much calories, fat, carbohydrate, fiber, and protein we are getting.

This is an Awesome Book of Recipes for Carb Cleanser. This book is filled with recipes for Ketogenic Diet. The author starts the book with explaining about Ketosis, what Ketogenic Diet is, its Benefits, Foods to Enjoy during the diet, and foods to avoid.. followed by some 'must have' and frequently used ingredients and kitchen tools. Then followed by lots of recipes on Ketogenic Diet.. each recipe includes preparation time, cooking time, servings, ingredients, directions, and nutritional chart. And among all these recipes included in the book, here are my favorites:- Lime Asparagus Chicken- Zucchini Chicken Combo- Easy Chicken DrumSticks- Basil Chicken- Slow Cooked Buffalo Chicken- Chicken Casserole- Jalapeno Broccoli Beef- Slow Cooked Chili Bacon- Broccoli Soup- Frozen Chocolate Mousse- Dark Chocolate Crunchies- Choco Chip Mug Cookies- Almond Shortbread Cookies- Walnut Cookies Those are some of my favorite recipes throughout the book. Overall, this book is truly filled with amazing delicious recipes, and all of these recipes are for Ketogenic Diet. I highly recommend this book to everyone who is having a Ketogenic Diet and wants to learn more recipes to be added to their diets. This book is must-book recipes for you. With that, I'd give Cookfry and Carb Cleanser a Very High 5-Star.

Ketogenic Diet is a dietary plan that teaches your body to burn fat instead of sugar. It's a proven way of reversing health problems like obesity, epilepsy, high blood pressure, autoimmune disease and more. This book is very helpful to me since am really into losing weight and healthy living. I believe the recipes are so healthy and delicious too. It deserves a 5 star.

I actually like eating and staying healthy. This book is one of the most high quality low carb/ketogenic book i have ever read. The book contains recipes that are suitable for everyone even those with health issues relating to the heart and other health diseases. Well written and with good guide to see one through. I love it.

This book is very well written, detailed, with real facts backing up it's denouncement of Low Carb diets. As someone who is trying to get my health in order this was an easy to understand book about eating healthy and it explains the Low Carb diets. Great recipes, too!

I would recommend this carb cleaner program to anyone looking to kickstart healthy eating habits. This book is an easy to follow guide and has a range of recipes for you to be able to keep yourself busy in the kitchen.

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