



Ketogenic Fresh Fast Food: 50 Recipes With 6 Ingredients (or Less), Made in 20 Minutes

Elizabeth Jane

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Love BURNING FAT on a Ketogenic Diet? Struggle to Find Time to Make Great Food?

This Book Could Be The Answer You Have Been Looking For.

50 delicious recipes, all with 6 ingredients and less than 20 minutes to make... and all with images. Bonus included 10 Delicious Keto Smoothies.

The Keto Diet can sometimes be hard. You don't have the time to make the delicious low carb food you have seen in ketogenic cookbooks or worse, you're eating the burger without the bun for the 4th time this week.

To help you stay in ketosis, I want to make it as *quick and easy* as possible.. but without sacrificing any of the flavor. The 6 Ingredient Ketogenic Diet Cookbook has been created to:

- Help you create quick meals – no more preparing food for an hour.
- Be easy – anyone can make a meal with 6 ingredients.
- Easily found ingredients – no golden grape tomatoes from a village in South America somewhere. The ingredients are easily found in your local supermarket.
- Be delicious – more ingredients does not equal tastier. Sometimes simpler is better.
- Mouthwatering – all recipes come with full images.

You will love the variety inside. The recipes cover all food types and time of day:

- Breakfast
- Side Dishes
- Desserts / sweet snacks
- Main meals
 - Red meat
 - White meat
 - Fish
 - Vegetarian

And the dishes themselves are varied and delicious, for example:

- Lemon Pepper Shrimp Zoodles (my best and simplest shrimp recipe)

- Creamy Spiced Chicken with Walnuts (great recipe for dining with friends, even my non-keto friends love this)
- Kale Stuffed Chicken Breasts (these are impressive just to look at.. and taste great too)
- Pesto 'Spaghetti' (for those who miss Spaghetti Bolognese)
- Citrus Salad with Grilled Provolone (yes it has fruit, but only enough to give it a great taste)
- Coconut Macaroons (my absolute favorite snack!)
- Chocolate Chia Pudding (fantastic way to start the day)

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