



Keto Living Cookbook: Lose Weight with 101 Delicious and Low Carb Ketogenic Recipes

Ella Coleman

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The Perfect Cookbook Companion for the Ketogenic Diet

Simple, Wholesome, Delicious Low-Carb & High-Fat Recipes for Every Course Designed to Kickstart Your Fat Burning Journey

The **Keto Living Cookbook** was written by Ella Coleman, an accomplished cook who loves experimenting with flavor combinations, and delights in eating and living a Ketogenic lifestyle.

It's no secret that carbs raise blood sugar, and our body produces insulin to get rid of it. The insulin then helps glucose convert to fat, and this is stored in our fat cells. Goodbye self-esteem. Hello, cellulite!

On the Ketogenic diet, carbs are limited and protein and fats are eaten in preference, keeping the body in a state of ketosis and burning fats for a good, steady stream of energy.

Sounds complicated? Think again - **The Keto Living Cookbook** makes it easy to enjoy many of your favorite meals prepared to suit a Keto lifestyle, including -

- 101 recipes with easy-to-follow instructions for a scrumptious selection of meals and snacks straight from your kitchen to the table
- Nutritional content, including a net carbohydrate, protein and fat count per serving listed for every single recipe
- Includes both **US Standard and Metric measurements**, and temperatures in both Fahrenheit *and* Celsius.

Lose the weight and love reaching your goals with the amazing selection of recipes to be discovered in the Keto Living Cookbook.

This book is the first in the Keto Living series by Ella Coleman - if you're serious about the Ketogenic lifestyle, pick up the rest of Ella's books to keep your kitchen completely keto-friendly.

NOTE: All of the books in The Keto Living Series, including the new Keto Living Fat Fast Cookbook are now registered with the **Kindle Matchbook** system, meaning that if you prefer to purchase the paperback copy of any of these books, you will automatically qualify to be able to download a free digital copy of the Kindle book. It's your choice!

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Christine Erhart:

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