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The Ketogenic Vegan Cookbook: Vegan Cheeses, Instant Pot Delicious Everyday Recipes for Healthy Plant Based Eating (Paperback)

By Eva Hammond

HMPL Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Tasty, Ketogenic Plant-Based Meals This is the second book in the Ketogenic Vegan Book series. No complexity, strange diet tricks and hard to follow schemes. Choose nutrient rich, ketogenic vegan foods that are all you want to consume in order to program your body to literally burn fats. Learn how to live, and most importantly, be healthy with a high fat, low carb diet. Fire all cylinders in your body at full force. Prepare easy-to-follow recipes that will help you to get the best for your body out of your kitchen with 100 vegan ketogenic ingredients. Get rid of high blood pressure. Lower your cholesterol levels and seizure threshold while losing weight. Gain quality muscle with low carb, high protein vegan recipes! Our bodies function best with complete, healthy nutrition. Feed your body with plant-based nutrients low in carbs to reap benefits that aide concentration, energy levels, and longevity. Reach your weight loss goals with delicious low-carb, high-fat ingredients that literally program your body to burn both consumed and stored fats! Learn about your body, B12 vitamins, the protein lysine and more. This book...



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