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## Ketogenic Breakfasts: Top 60 Quick Easy Ketogenic Breakfast and Brunch Recipes for Rapid Weight Loss (Paperback)

By Maya Lyon

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If Quick Easy Ketogenic Breakfast and Brunch Recipes are What You Seek, then Look No Further. Your Keto Breakfast is the MOST important meal of the day! Why you ask? A Low Carb Ketogenic Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus on whatever it is most important to you. In this book you will find 24 Breakfast recipes, 23 Brunches and 13 \*BONUS Smoothie recipes for when you are really on the go! Ketogenic Breakfast recipes seem to be stumbling block for many people starting a Ketogenic diet, as most are rushed and have a limited amount of time in the morning. Finally, a quick easy way to get your quota of Healthy Fat in the morning without the extra time and effort! Some of the Profound Benefits You will Experience when consuming these Ketogenic Recipes: Accelerated Fat LossIncrease Energy Levels VitalityAppetite ControlImproved Mental FocusLower Blood Sugar CholesterolHormonal BalanceThis Book is split up into Three Sections sections: The First...



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