



The 7-Day Ketogenic Diet Meal Plan: 35 Delicious Low Carb Recipes For Weight Loss Motivation - Volume 2

Rachel Richards

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Collect The Entire Set

Volume 2 of the 7-Day Ketogenic Diet Meal Plan brings you 35 new delicious low carb recipes for weight loss motivation.

Update - the recipes in this book do not include any canola oil, vegetable oil or aspartame

These original recipes provide an additional 7 days of full meal plans for the health conscious.

Similar to Volume 1, you will find the following:

- Breakfast - 7 recipes
- Lunch - 7 recipes
- Snacks - 14 recipes
- Dinner - 7 recipes

Ingredient measurements are given in both imperial and metric.

In addition to the 35 recipes, you will find additional bonuses:

A recipe for '**Keto Almond Bread**'; this recipe serves as a great substitute for those missing the taste and feel of bread without adding on the additional carbs.

As well, a free printable version of the meal plan and shopping list is included.

Just go to the following link to obtain the bonuses:

<http://gotorecipecookbooks.com/ketogenic-diet-2/>

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