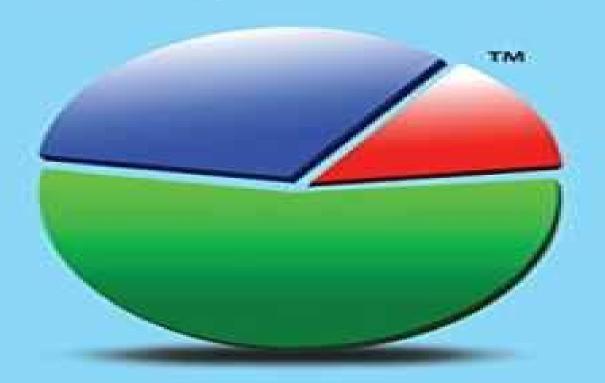
The MacroNutrient Diet Recipe Guide



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guide aims to answer In essence the ketogenic diet is a low carb high fat diet It s based on a simple yet powerful principle when deprived of glucose from carbohydrates your body switches to burning fat for fuel This metabolic state is known as ketosis However this book isn't just about eating fewer carbs and more fats It's about understanding why we do it the science behind it and how it affects our bodies 51 KETOGENIC BREAKFAST & BREADS & LUNCH RECIPES A. MERVE AKÇIL, For those following a ketogenic lifestyle this book offers practical delicious and healthy recipes in an easy to follow format Easy Ketogenic Breakfast Breads Lunch Recipes for Everyday Cooking is now available as an e book 51 exclusive keto recipes 29 recipes with video tutorials accessible via QR code Bonus A complete list of allowed and forbidden foods on keto Embrace low carb moderate protein and high healthy fat nutrition effortlessly Adjust ingredient amounts to fit your personal macro goals and make keto sustainable for you Ready to explore tasty simple and healthy keto meals Download now and start your keto journey The Banting Pocket Guide Tim Noakes, 2017-02-01 IN PARTNERSHIP WITH THE NOAKES FOUNDATION AND THE EAT BETTER SOUTH AFRICA INITIATIVE THE BESTSELLING THE BANTING SOLUTION IS NOW IN AN EASILY ACCESSIBLE FORMAT Due to your requests for more basic recipes and a user friendly format The Banting Solution is now available in a size that fits every pocket This little guide will provide all the tips and advice you need with which to start successfully conclude and maintain your Banting lifestyle The Banting Pocket Guide includes a chapter from Banting s most respected and passionate supporter Prof Tim Noakes answers your most pressing questions busts the myths that have cropped up around Banting provides helpful meal plans Banting friendly food lists and recipes teaches you how to Bant on a budget making this lifestyle accessible to everyone and much much more Most importantly it teaches you how to get rid of those unwanted kilos and keep them off forever Easy to pop into your handbag or pocket The Banting Pocket Guide is set to kick start your new Banting lifestyle

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