



150 LOW-CARB,
HIGH-FAT
KETOGENIC
RECIPES
TO BOOST
WEIGHT LOSS

THE
KETO RESET
COOKBOOK **DIET**

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Mark Sisson

The Keto Reset Diet Cookbook: 150 Low-Carb, High-Fat Ketogenic Recipes to Boost Weight Loss



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On the heels of Mark Sisson's best-selling publication The Keto Reset Diet comes an all-new cookbook, with 150 keto-aligned dishes to help you slim down, improve your health, and go keto the proper way. Hearty entrées like Braised Brief Ribs with Mashed Cauliflower and Cheesy Eggplant-Spinach Casserole could keep you from ever feeling deprived or hungry. With the delicious, diverse meals in this cookbook, your journey will be enjoyable, practical, and free from the risk of backsliding and burnout that comes with a rushed method of keto. THE KETO RESET Diet plan COOKBOOK can help you replace your older favorites with keto-accepted substitutes for pancakes, crepes, oatmeal, and actually contains decadent desserts like Dairy-Free of charge Avocado Mousse and Chai Panna Cotta. You will transition from carbohydrate dependency and weight reduction frustrations in to the world of metabolic flexibility, where you can reprogram your metabolism to use fat for fuel. You'll ditch prepared grains, sugars, and refined veggie oils and only nutrient-dense, high-excess fat foods. With these quality recipes, and much more, you'll experience a fresh world of culinary options and lasting health.



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Perfect mixture of easy yet interesting This book is exactly what I was hoping it would be: a variety of hearty meals that are as pleasing to cook than dumping butter and cheese on some protein. My husband and I look forward to coming home and cooking food interesting and satisfying foods, and this certainly fits the ticket! It has been an incredible journey and these quality recipes make it that much better! After reading the Keto Reset Diet I'm therefore excited to have this fresh Keto book in my own library. Best book out there! Greatest Keto cookbook I've seen.



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