



KETO

comfort foods

family favorite recipes made low-carb and healthy

INTERNATIONAL BESTSELLING AUTHOR

Maria
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Keto Comfort Foods: Family Favorite Recipes Made Low-Carb and Healthy



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The mere considered eating a particular meal or the smell of a favorite childhood dish can evoke positive recollections, whether it's But meals is more than just nourishment; food is custom, food is love, & most importantly, meals is a special event. The ketogenic diet is about nourishing and healing your body with nutrient-dense whole foods, as international bestselling author Maria Emmerich has demonstrated in her previous books, like the Ketogenic Cookbook (with Jimmy Moore) and The 30-Day Ketogenic Cleanse. s a simple Sunday dinner with family or a major existence event. When you begin following the ketogenic diet plan, whether your goal is to promote weight reduction, improve blood markers, or just enhance general health and well-becoming, it's The publication's Some people fall into a drab routine of consuming the same dishes again and again, which can lead to boredom and frustration—and ultimately to the desire to fall back to old, poor diet plan. Maria has covered all the bases, giving you the quality recipes and tips you have to make delicious and healthful versions of your favorite dishes. t difficult at most to recreate those favorite foods and meals in healthy methods—you just need to use a little creativity. s more than 170 tantalizing, hearty comfort meals recipes include everything from cinnamon rolls to steak fries, and from poultry cordon bleu to tiramisu cheesecake. These recipes are sure to become new family favorites! In Keto COMFORT FOOD TYPES, Maria Emmerich has compiled her most soul-warming, happiness-invoking recipes. s an easy task to forget to enjoy food. By using smart low- or no-calorie substitutions for sugar and scrubbing all recipes clean of gluten-comprising additives, Maria has created an incredible resource for comforting home-cooked meals that are safe enough for everybody in the family members and delicious enough for probably the most discerning eaters. With Keto COMFORT FOOD TYPES, Maria Emmerich reassures everyone on the keto diet plan that it isn't



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