

DIRTY, LAZY, KETO



FAST FOOD GUIDE



**10 CARBS
OR LESS**

WILLIAM LASKA & STEPHANIE LASKA, M.ED

William Laska and

DIRTY, LAZY, KETO Fast Food Guide: 10 Carbs or Less: Ketogenic Diet,
Low Carb Choices for Beginners - Wanting Weight Loss Without Owning An
Instant Pot or Keto Cookbook



[continue reading](#)

Great book! Lots of great information. If you're searching for a guideline on living keto in this overly busy world, that is it! It lists tons of restaurants and helps making choices easier. This is keto for real life without condemnation for consuming junk food! Her amazing tale backs it up with her period tested weight loss and maintenance. There are other versions of the keto lifestyle that are so strict that it can quickly become overwhelming for someone trying to adapt to a different way of eating. Loads of information This is very an easy task to follow. And you may do this while still eating dinner out at places that you've usually gone to! Highly recommended alongside her first book "Dirty Lazy Keto" Great description and tips about staying low carbohydrate while eating junk food! This book provided some really great tips on eating junk food. I believe that the authors possess made recommendations and ratings for 99% of the junk food restaurants around the united states. Great information! It can help! SSS (short, lovely & simple) Great for eating dinner out! Some good hacks I'd never thought of. Now I will be a little more comfortable going out for the occasional lunch with my work mates rather than feel left out. I am brand-new at keto and I like the readability and "stream" of this book. Short, lovely and uncomplicated! Hard to admit but yes sometimes fast food is the only option. which means this book is amazing at helping us dirty ketoers know what to choose ? A must browse if you are interested in Keto! Good to know I enjoyed the book. I dont believe Ive ever seen a diet plan book geared around junk food. Great info. I love this reserve! While this approach can also be effective, Stephanie has established that you could still lose the fat, be healthy, and maintain it by adopting basic principles of the keto diet into your life. The Laska's have done the homework for you personally by providing a straightforward to read reserve with great keto meal choices.! Easy to follow! Examine the book in one day, that is a good matter. It is going to be really useful when eating dinner out. I get a truck for a living and most of your truck stops offer only junk food and it's actually inconvenient to stop at a "healthy place." So knowing there are better options at an easy food restaurant is fantastic! Ready to understand this started! Now we have no excuses never to eat right, even when stopping by a fast food restaurant. I was pleasantly surprised to get many local restaurants could be keto friendly. Thank you so very much for the task that proceeded to go into this book. Make notes of your favorites and use this guide to stay on your diet! Now I day friends and make great choices at the same time without guilt. No excuses Cute and whimsical.. Probably strange start for a diet guidebook, nonetheless it fits the costs. It has so much great info for if you are heading to be eating out. This diet can be a problem! Stephanie and Bill helps it be so much easier making use of their suggestions. Great book!! It had been a fun read and extremely informative.! Thank you Decent I would recommend this for the uninitiated or require a good starting place to Keto. Found out that some areas carry things I love but never considered to ask. I enjoyed the contrasting recommendations for each subject, but overall the majority of the info could possibly be found with a quick google search before consuming somewhere. Awesome Book This book rocks !. I am really looking towards using this information to greatly help me lose pounds. We are on the go a lot and consume out. It really is nice to be able to look in the book and discover what I can eat within my favorite places. love it great book for anyone interested in keto



[continue reading](#)

download free DIRTY, LAZY, KETO Fast Food Guide: 10 Carbs or Less: Ketogenic Diet, Low Carb Choices for Beginners - Wanting Weight Loss Without Owning An Instant Pot or Keto Cookbook epub

download DIRTY, LAZY, KETO Fast Food Guide: 10 Carbs or Less: Ketogenic Diet, Low Carb Choices for Beginners - Wanting Weight Loss Without Owning An Instant Pot or Keto Cookbook epub

[download free Makeup Face Chart: A Professional Blank Makeup Practice Workbook for Makeup Artists e-book](#)

[download Swedish Death Cleaning for Beginners: How to Declutter and Downsize your way to a Happy Home and Life fb2](#)

[download free The Style Challenge: A 9-step guide to creating a capsule wardrobe and a curated closet you will love \(Streamline Your Life\) fb2](#)