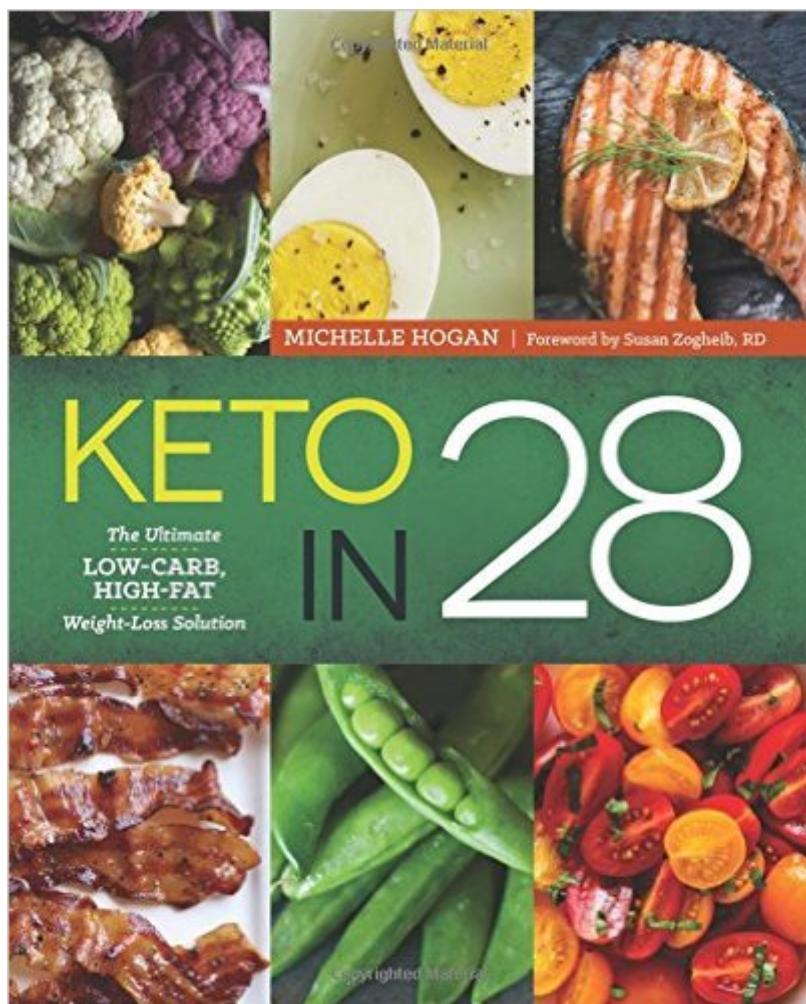


The book was found

Keto In 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution



Synopsis

28 Days. 125 Recipes. Your practical plan to go keto and stay keto. Michelle is with you every step of the way. The recipes included are delicious, nutritious, and very filling. Michelle also shares her very own successful story with keto. After many failed attempts of struggling with her fluctuating weight | she found balance following the ketogenic diet and incorporating physical activity and has lost more than 100 pounds. ~ Susan Zogheib, MHS, RD, LDN, excerpted from the Foreword Tired of feeling tired? Frustrated with fads? Michelle Hogan knows how you feel. Following her weight-loss success with the ketogenic diet, she shares her knowledge in Keto in 28. This comprehensive ketogenic cookbook shows you how to make small changes with big results over the course of 28 days. Commit to a ketogenic diet, with: A practical 28-day ketogenic diet meal plan that cuts carbs, and encourages creative ways to indulge in flavorful foods In-depth nutrition information profiling keto-friendly foods 125 delicious & satisfying keto recipes, including Brown Butter-Lime Tilapia, Coconut Chicken, and Bacon Chutney Keto in 28 will motivate you to stick to your ketogenic diet for lifelong results.

Book Information

Paperback: 250 pages

Publisher: Sonoma Press; 1 edition (November 1, 2015)

Language: English

ISBN-10: 1942411294

ISBN-13: 978-1942411291

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (76 customer reviews)

Best Sellers Rank: #18,046 in Books (See Top 100 in Books) #17 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #50 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #55 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

Dieting can be very frustrating! Especially when your on a budget & cannot afford to go out & buy all those special foods. Or having to eat foods you don't like just to try to lose weight. Its also very frustrating trying to count points, carbs, calories etc. With Keto in 28 I found that all the recipes contain stuff I either buy or already have in my cupboards. For me when looking into a new diet I get

so overwhelmed with recipes that call for all different kinds of ingredients. Especially ingredients we NEVER heard of before. I didn't get overwhelmed at all with Keto in 28! I love how clearly Michelle Hogan speaks in this book! As I began reading I felt as if she was speaking to me not around me! I love the introduction in which she briefly explains how she ended up doing the Keto Diet. Which I love that she was open that definitely makes it more personal for me. She even walks you through understanding ratios which is always important not just for dieting either. She provides a distinctive list of foods we can eat & foods in which we should avoid. My favorite part of this book, is when Michelle gives a very detailed list of pantry essentials to have on hand which you can find on page 32. This may be overwhelming to some. But for me, I found it extremely helpful. When dieting most times we just start & then we find ourselves going to the store & spending a ton of money we don't have. With this pantry list I went into my cupboard & wrote down what I did have then made a list of what I needed. I took the list with me shopping so I could look at prices at each store & I was able to get majority of them & I found a lot of them on sale! This is why I loved that part because I could have everything I needed before starting.

[Download to continue reading...](#)

Keto in 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution Low Carb: The Low Carb Dessert BIBLEÃ © with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert CookBook for Rapid Weight Loss) Ketogenic Diet: 250+ Low-Carb, High-Fat Healthy Keto Recipes & Desserts + 100 Keto Tips, Tools, Resources & Mistakes to Avoid Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets Keto Clarity: Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Keto Bodybuilding: Build Lean Muscle and Burn Fat at the Same Time by Eating a Low Carb Ketogenic Bodybuilding Diet and Get the Physique of a Greek God Weight Loss by Quitting Sugar and Carb -

Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies) Low Carb Living Cookbook Box Set: Low Carb Recipes for Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting)

[Dmca](#)