



Shortcut to Ketosis: The Essential Meal Prep Ketogenic Diet Guide With 50 Quick (Organization, Meal Preparation, Left Overs, Batch Cooking)

Jeremy Stone

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Are you thinking of doing a Low carb / Ketogenic Diet, but don't feel like you'll have enough time? This book could be the answer you're looking for...

Shortcut to Ketosis: The Essential Ketogenic Diet Meal Prep Guide

We all know that Ketogenic eating is hard and cooking healthy food every day is even harder! Meal Prepping has taken off in popularity because it can solve both issues at once. By making large healthy meals in one setting, you can have nutritious Ketogenic meals throughout the week without having to waste time cooking and cleaning every day!

This book is designed to empower you by providing essential meal prepping techniques along with tasty Ketogenic recipes to help you make healthy meals that last you throughout the week.

With Shortcut to Ketosis: The Essential Ketogenic Diet Meal Prep Guide You Get ...

- 50 Ketogenic Meal Prep Recipes For All Meals - Breakfast, Lunch, Dinner, and Snacks!
- Full Nutritional Information For Each Recipe
- Cooking And Preparation Times To Find The Quickest And Easiest Recipes To Make
- Descriptions and Tips for Each Recipe
- Essential Meal Prepping Techniques
- Suggested Ingredients To Include
- Foods To Avoid
- Advice On Food Storage
- Meal Prep Hacks

Learn How To Make These Awesome Recipes:

- Pizza Omelet
- Broccoli, Quinoa and Egg Muffins
- Creamy Bacon-Broccoli Bake
- BBQ Cocoa-Chili Burgers
- Bacon and Asparagus Quiche
- Andouille Sausage and Turkey Gumbo
- Grilled Caribbean Chicken
- Mexican Meatloaf
- Coconut Crusted Tuna Patties
- Spinach and Lemon Stuffed Chicken
- Parmesan-Dijon Chicken
- Garam Masala Chicken
- Mango-Jalapeño Chicken Meatballs

- Faux Shepherd's Pie
- And much, much more!

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