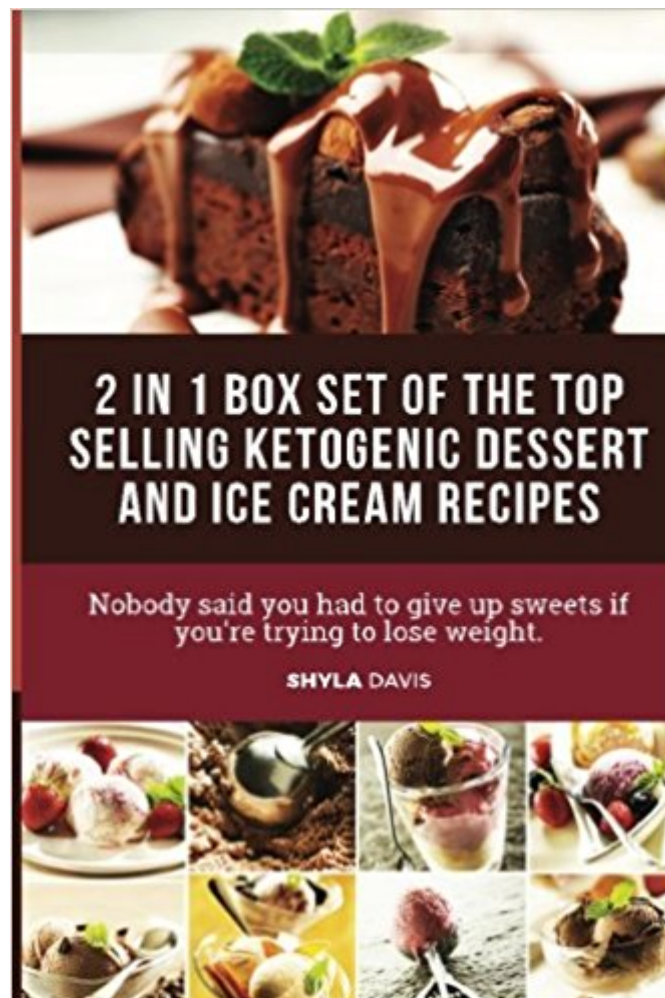


The book was found

Ketosis: Ketogenic Diet: 2 In 1 Box Set: Includes Over 100 Top Ketogenic Dessert And Ice Cream Recipes (diabetes, Diabetes Diet, Paleo, Paleo Diet, Low Carb, Low Carb Diet, Weight Loss) (Volume 4)





Synopsis

2 IN 1 Box Set of The Top Selling Ketogenic Dessert and Ice Cream Recipes Nobody said you had to give up sweets if you're trying to lose weight. Keto Dessert is a delicious opportunity to step back and truly enjoy life. When you are trying to responsibly manage your weight, it can feel less like a joyous opportunity and more like a moment to throw away all the dayâ™s work. Fortunately, it is possible to have the best of both worlds. Thankfully, weight loss desserts and Ice creams do exist. In this box set you getÂ 100 mouthwatering and excellent sweet treats that can actually help you reach your weight loss goals! Give your sweet tooth what it really wants.

Book Information

Series: diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss

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Customer Reviews

My fault. Should have been paying better attention and looked to see how many pages were in this book. Very few pages for a book that is two in one. It has many ingredients that you don't normally have in stock in your kitchen (lavender heads, Arborio or carnaroli rice, blackcurrants, curacao, angostura bitters, limoncello, almond flour, crÃ"me fraiche, ect.). Very high price for the product you receive. I don't have a Kindle but if you do, apparently it can be downloaded for free. That would be a better way to go I guess. I would return it if I could but "Not Paying Attention" is not a return choice in the drop down list. Again, my fault and lesson learned. Each individual will have to make their own decision on whether or not they are happy with what they receive, so I gave it 2 stars anyway.

Really great book....as a type 2 diabetic, i am looking forward to trying all the different deserts and ice creams that will help with both my diabetes and weight loss...

A majority of these recipes are not keto friendly. Many involve using sugar or high carb foods. Recipes with 30g plus of carbs certainly do not come close, since that is what most keto diets aim for in a day!! saw two or three that looked like they would be interesting to try, but not worth looking through the whole book to find them.

Great recipes! I can't wait to try these recipes out. Fit for anyone who wants a ketogenic diet. The recipes are well written and easy to follow. I will not miss sharing this to my friends. I would definitely recommend this book to everyone not only for those on a diet but for anyone who loves to eat.

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