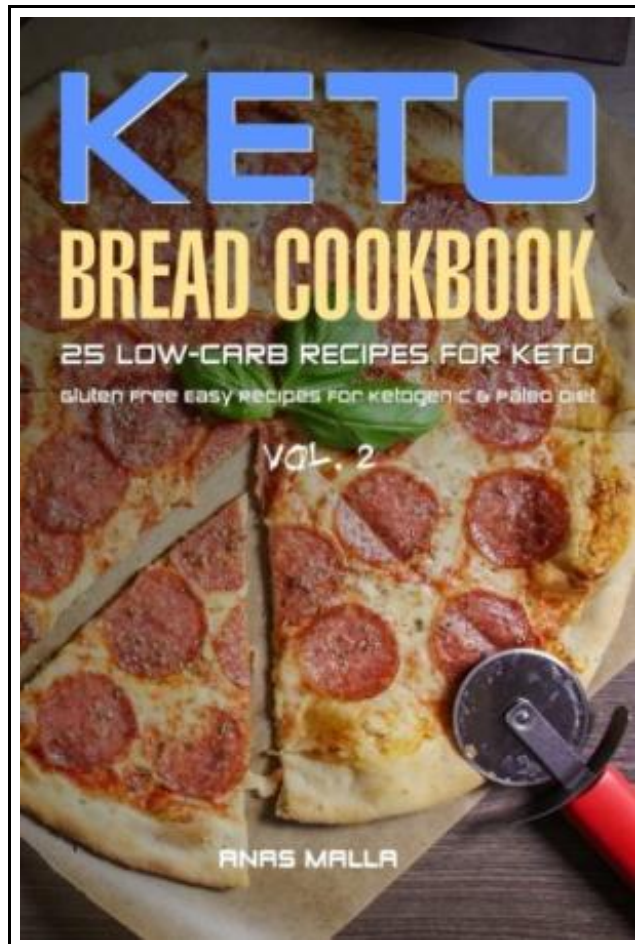


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Reviews

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. No Carbs No Problem!!We are a society that is so used to eating wheat products; from bread to waffles and muffins such that when we learn that we need to give up some of these foods if you want to adopt the ketogenic diet, many simply think that the diet is not for them. The amazing thing is that just because you cannot have bread made from wheat and other grains, does not mean that you cannot have some bread. You can still make bread, muffins, waffles and breadsticks using other flours like almond flour, coconut flour and flax meal among others.I have a sweet tooth too.Are you looking to adopt the ketogenic diet and still want to enjoy some bread, muffins, or waffles? Are you tired of the usual breads and muffins made from wheat and want to enjoy other types of bread made using different kinds of flours? If this is what you are looking for; then look no further because in this book, you will learn some amazing bread, muffin, waffle, and breadstick recipes that you can prepare. Thanks to this book, you can still enjoy some bread and waffles even when on a ketogenic diet.What To Expect?Ketogenic Bread RecipesKetogenic Muffin RecipesKetogenic Waffle RecipesKetogenic Breadsticks RecipesKetogenic Pizza Crust RecipesNot Only That, but we also include a complete table of nutritional data, Serving size, and How Much Calories, Carbs, Protein, And absolutely - Our favorite - The FATAfter you ve finished with this book, I hope that you ve learned how to make healthy and delicious recipes, So now you you finally found what you re looking for, Get your Copy Today. Enjoy.



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