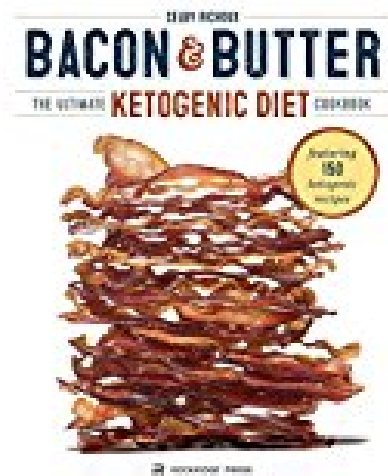


Bacon & Butter The Ultimate Ketogenic Diet Cookbook



BOOK DETAILS

- Author : Celby Richoux
- Pages : 250 Pages
- Publisher : Rockridge Press
- Language : English
- ISBN : 1623155207



BOOK SYNOPSIS

"Celby Richoux was overweight, exhausted, moody, and suffering from a range of physical discomforts when she found the ketogenic diet. But all that changed once she adopted its high fat, low carb principles. You too can reap the benefits of the ketogenic diet with Bacon & Butter, your ultimate companion for keto cooking, today and every day. Whether you've come to keto through the guidance of your doctor or you're looking for a sustainable way to lose weight, Celby's recipes will boost your health and change the way you think about food forever"--Back cover.

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