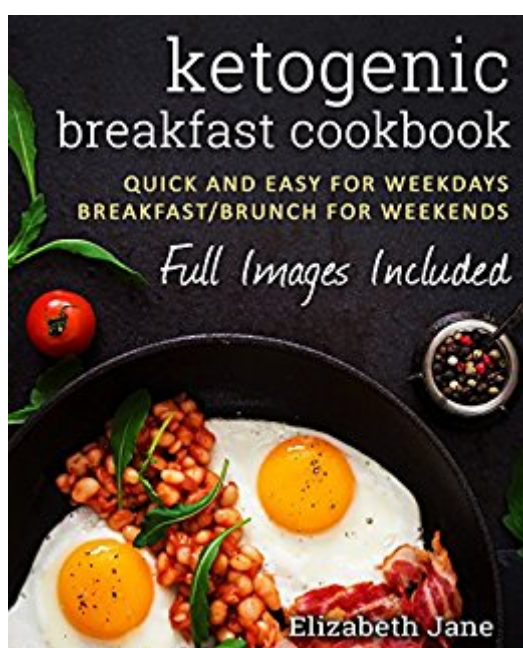


The book was found

Breakfast Ketogenic Cookbook: Quick & Easy For Weekdays / Brunch For Weekends (Elizabeth Jane Cookbook)



Synopsis

Breakfast is the Most Important KETO Meal of the Day! Never Miss Breakfast Again With The Ultimate Breakfast Ketogenic Cookbook Fuel Your Weekday With 25 Quick & Easy Breakfasts and Take Your Time Over 25 Delicious Brunch Recipes at the Weekend Breakfast is the most important meal of the day, but usually the most boring. On a weekday, try something new that is still quick and easy... or you can make it the night before! On the weekend, when you have more time, enjoy a Keto brunch and relax.

Quick & Easy Weekday Recipes: High Protein Pancakes Buffalo Blue Cheese Omelet Bacon and Egg Fat Bombs Spinach and Cheddar Scrambled Eggs Chocolate Strawberry Protein Smoothie Mocha Chia Pudding Pumpkin Spice Muffins Almond Flour Pancakes Warm Grain Free Cereal

Weekend/Brunch Recipes: Cheddar and Green Onion Soufflé Eggs Benedict (with a Protein Bun) Kale, Ricotta, and Sausage Pie Santa Fe Frittata Italian Breakfast Casserole Zucchini and Bacon Egg Bake Breakfast Stuffed Peppers Cheesy Spinach and Mushroom Quiche Ham and Cheese Fritters Chicken and Mushroom Cream Crepes

Book Information

File Size: 3874 KB

Print Length: 59 pages

Page Numbers Source ISBN: 0995534527

Simultaneous Device Usage: Unlimited

Publication Date: March 27, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01DJ5TRWE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #11,762 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1

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Customer Reviews

This book contains a lot of healthy, nutritious and yummy recipes, my husband loves to eat healthy food he always ask me to make some new healthy food for breakfast then I found this book and I immediately downloaded it, I will add this ketogenic recipes for breakfast and brunch to my healthy and nutritious food list, I'll try all the recipes I'm sure my husband will be surprised when I cooked this new ketogenic breakfast and brunch recipes. All this recipes are quick and easy to prepare, I loved it thanks to the author.

I truly enjoyed this book. The recipes are great, creative and taste great. This was a great investment. There's no laundry list of ingredients in preparing these meals. It's my kind of cookbook. I will buy more books by this author. She even gives you calories, fat, protein, carbs for every meal. She takes the guess work out of cooking.

Last section is the best. Found a typo--should be pears not apples--you will see it yourself. Tells me you might substitute apples for the pears actually.

Great book if I could just follow it .

These keto breakfasts are somewhat odd mixtures but they are in compliance with the ketogenic balance and should work well on that diet.

Going through the recipes makes me feel like getting up and cooking! The ingredients are easy to get a hold of, especially since I have them at home. And each dish is easy to put together.

As pre diabetic person this book is a must have. It is very hard to avoid carbs and sugars so following a recipe put me on the right path to accomplishing my goals.

The recipes in the book were very delicious and I enjoyed having pictures to go with each and every recipe.

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