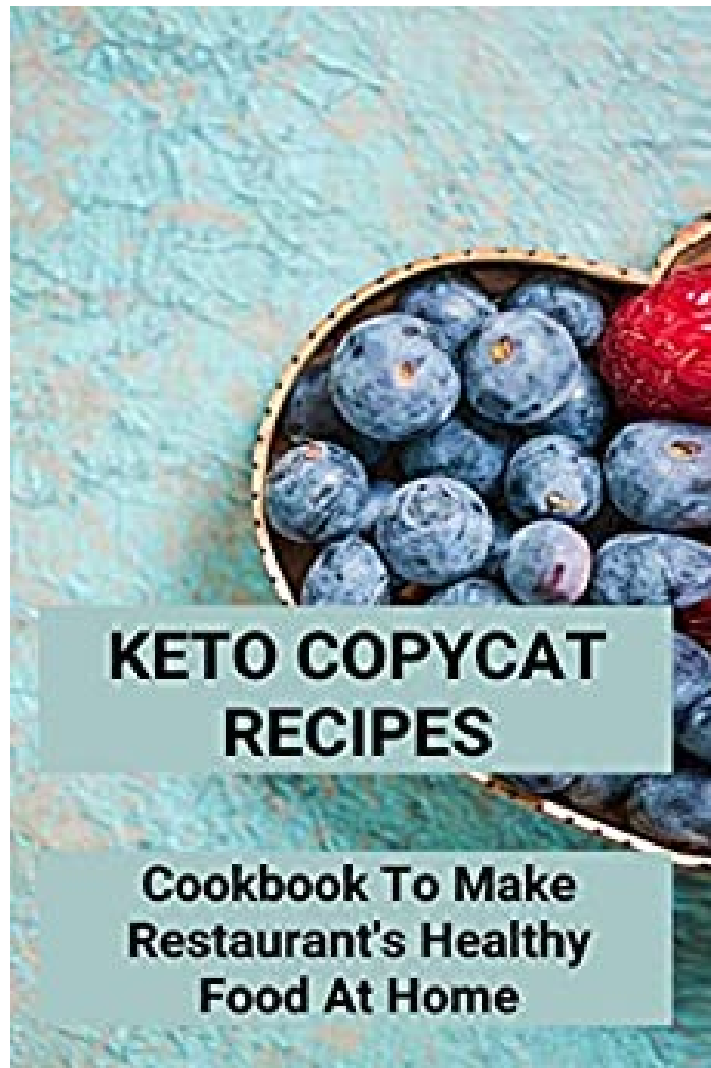


Keto Copycat Recipes: Cookbook To Make Restaurant's Healthy Food At Home: Keto Copycat Chick Fil A Nuggets



EBOOK DOWNLOAD

Synopsis

Do you want to discover how to make food that tastes like takeout without all the carbs? These keto copycat recipes taste just like the real thing. So much so, you can't tell the difference!The Ketogenic diet can be hard. Sticking to specific foods, paying attention to nutritional values, and planning your meals every day can be a true challenge for many people, especially for beginners.This book is a detailed Cookbook that guides you step-by-step on 100 Ketogenic Copycat Recipes taken from most known (and also not-so-known) American restaurants, revealing the best specialties that you could find in menus and what fixings you could make to turn them into Keto.It includes verified and personally tested methods with all the information you need: you will get to know the specific ingredients and the secret methods adopted by restaurants, but also useful tips on doses, servings, and nutrition to track your diet.

The book

Book Information

Language: English

File size: 15728 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Enhanced typesetting: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Print length: 248 pages

Lending: Enabled

[DMCA](#)