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The Ketogenic Vegetarian Diet: Top 35 Incredibly Delicious Low Carb High Fat Recipes To Re-Gain Your Strength and Maintain Your Conscious

Karen Medina

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BURN FAT, GAIN MUSCLE AND STAY IN KETOSIS WITH INDULGENTLY DELICIOUS KETOGENIC VEGETARIAN RECIPES!. Ketogenic Vegetarian Recipes are the yummiest and easiest way to lose weight fast and stay in awesome shape! Ketogenic Vegetarian Recipes are a low carb, gluten free and super easy way to meet your 75% healthy fat ratio throughout the day. Not only are Muffins Recipes quick, simple and satisfying they are also packed full of metabolism boosting and belly fat burning goodness! Not to mention the added vitamins, minerals and superfoods in some of these indulgent little Ketogenic Vegetarian Recipes. You'll Learn To Make Delightful Ketogenic Vegetarian Recipes Including... Roasted Peppery Cauliflower Soup Magic. Super Delicious Cucumber Salad. Soup-de-Mushroom with Pepper. Peppers with Cheesy Vegetable Stuffing. Delightful Brussels Sprout with cheese Sauce. Super Cook’s Green Bean Magic. Pudding Delight with Banana & Coconut. Extra Easy Cheese Sandwich. Much, much more!

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