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# **Ketogenic Diet Cooking For One: Easy Recipes For One, That Makes Cooking Healthy For Yourself Simple (Healthy Cooking For One, Ketogenic Diet Recipes)**

## **Ketogenic Diet Cooking For One**

Easy Recipes For One, That Makes Cooking  
Healthy For Yourself Simple



**Ashley Peters**



## Synopsis

Discover These Amazingly Quick & Easy Ketogenic Diet Cooking For One Recipes!\*\*\*Read this book for FREE on Kindle Unlimited - Download Now!\*\*\*As anyone who has ever lived or cooked alone knows, it can be a nightmare trying to figure out what to make at night. Many times, the recipes that you search for are tailored to a set amount of people and serving sizes to feed at least four people. While you could theoretically divide the ingredient amounts by four, sometimes this does not produce the results you want, and therefore your dish can be ruined because of improper calculations. And while you might calculate properly, sometimes the inspiration to cook a full meal just isn't there if you know that you are only cooking for one. With Ketogenic Diet Cooking For One, you no longer have to put any guesswork into your cooking; all of the recipes that you will encounter in this book are already prepped and calculated for you. All you have to do is choose the recipes that interest you the most, purchase the ingredients, and get in the kitchen to create your dish! No matter what the occasion is - whether you have some time to yourself to cook a nice meal or you are in a rush to get out of the house and need a quick dish to prepare - this book has everything that you are looking for. Check out the amazing recipes below!

Ketogenic Scrambled Eggs For One  
Ketogenic Chocolate Chia Pudding For One  
Ketogenic Egg White Omelet For One  
Ketogenic Deli Roll-Ups For One  
Ketogenic Hamburger on a Stick  
Ketogenic Indian Butter Chicken For One  
Ketogenic Portobello Pizza For One  
MUCH MUCH MORE! Eat well and Stress Free with Ketogenic Diet Cooking For One: Easy Recipes For One, That Makes Cooking Healthy For Yourself Simple

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## Book Information

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## Customer Reviews

I was looking forward to get this book because I am the only one in my home doing the ketogenic diet. I found the recipes disappointing. If you are on this diet, you know how important the nutrition information is especially calories, carbs, fat, and protein. Not one of these recipes have that listed. I know a person can enter all the ingredients in a program to get them, but one would think that a book that is purchase with this diet in the title would list them. A lot of the recipes call for ingredients that you can't purchase for one serving so if you don't find similar recipes or make the same one over and over, you will be spending a lot of money and wasting food. I notice a few items don't include the oven temperature for the recipe. The worst part is that it offers a free gift for "Keto Holiday Recipes". I entered the website and my computer security system immediately went red with a warning to shut down. The following was fortunately quarantined by my computer "Exploit.HTML/Aspergle.0". I definitely will be returning this book. The cost was small but the principle is large.

No nutritional info, many of the recipes include non-keto ingredients.

There are so many different diets that are available out there. My sister suggested to me a ketogenic diet plan. This book covers tons of information about the Keto diet. The diet is designed to be high-fat and low-carbohydrate plan. This diet has several benefits like decreasing blood sugar, weight loss, and hunger. This meal plan will help to suppress your appetite as fats help us to feel full longer. This book ends itself with 75 different recipes that are yummy and designed to be perfect for the single person.

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