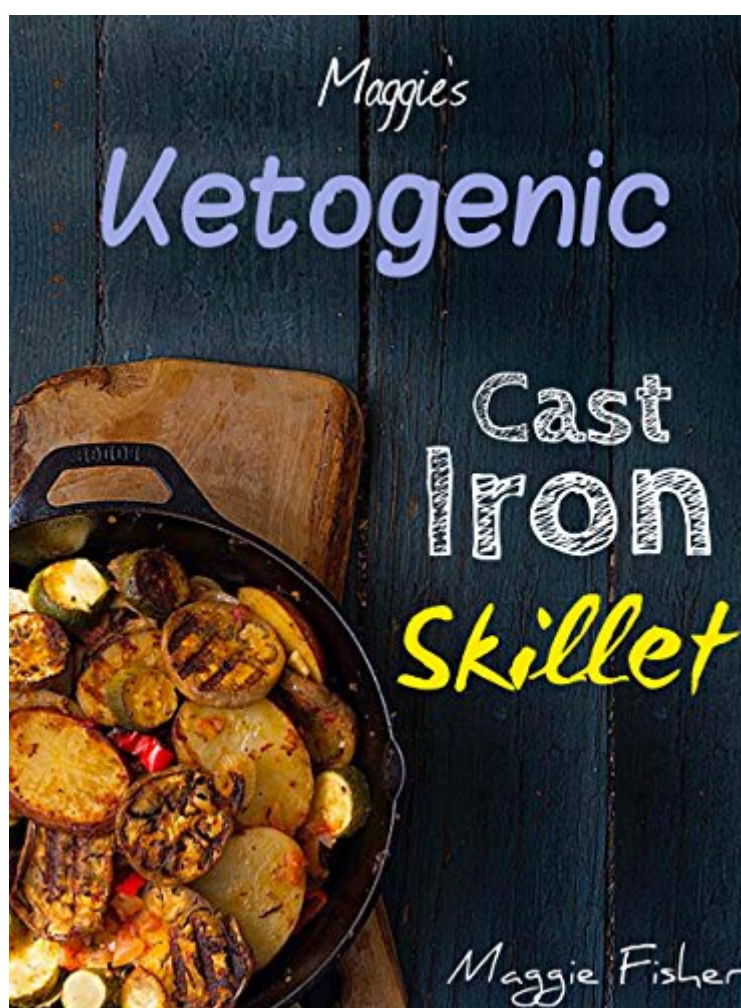


The book was found

Maggie's Ketogenic Cast Iron Skillet Cookbook: Delectable, Low Carb, High Fat, Hearty Recipes To Trigger Ketosis And Accelerate Weight Loss!



Synopsis

#KETO-CRAZY!# "I am in love with my cast iron pan..., thanks to this cookbook!" - Erina C. on Facebook "Losing weight and staying healthy has just become a whole lot easier...and tastier! These recipes are great for anyone starting out with little or no idea on LCHF cooking. Huge thanks to the author!" -Zeeta P. on Twitter "Maggie's books have always helped in one way or the other, and just when my boyfriend was complaining about my increased waistline, I found her book to help me out...again!" -MJ on Twitter SUPER-KETO! Ketogenic Diet is a medically proven diet plan where you avoid all the high-mid carbohydrate intake from your daily diet and fill those with fats. By doing so, the body starts burning up the fats instead of the carbohydrate. The result? Reduced weight, slim and healthy YOU within weeks!The cookbook features some of the finest recipes made in cast iron cookwares that can be incorporated in your Ketogenic lifestyle. All the ingredients are carefully laid out as per Ketogenic guidelines and maximum effort has been made to improve the accuracy of the nutritional chart.The Book Offers:40+ Easy, Delicious, Keto Friendly recipes for Breakfast, Lunch, DinnerYou'll get to enjoy these exotic One-Skillet recipes...and many more!Creamy Shrimp, Bacon, Mushroom ComboBamboo Sprouts and Beef Stir FryHamburger nâ™ Broccoli Alfredo CasseroleKeto Lasagna in a SkilletFlaxseed WrapBeing a cookbook, you will also get:Nutritional Value of each recipe.Step-Step detailed instructions on how to prepare your own dish.Time required to prepare and cook.Number of Servings.This book made me buy 2 more cast iron skillets! No other cookbooks have impressed me like that!Kip R, Engineer So why wait when you can start burning those fats right away!Let's Keto!

Book Information

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Customer Reviews

I love my cast iron pans and I only eat keto menus, so this book was a real find. The recipes are simple, the ingredients are easy to find, and most of them can be assembled in a matter of minutes. She doesn't use any ingredients that you won't be able to find or that cost the earth when you do find them. Once you've made these a time or two, it would be easy to start adapting them to your personal preferences, changing spices and seasonings or adding and subtracting ingredients based on what's in your fridge. If you're an expert keto chef, this book may not be what you need, but if you're starting out on a keto diet and finding things a little bewildering, this is a terrific place to start. And yes, you can use whatever pan you have in the kitchen. But you really should get yourself at least one cast iron skillet.

This is actually a real handy cookbook for anyone looking to cook some authentic low carb meals in their skillet. New recipes with easy to follow directions and Keto friendly ingredients. Would definitely recommend to my fellow Ketoers!

Oh what a cookbook and the recipes are good for you too. The beef and curry fry. Is delicious and the one skillet bacon & chicken ranch is out of this world. So even if you're not on a diet I'm pretty sure you will enjoy these recipes. Thank you and enjoy your day.

This is a wonderful book, very easy to follow as I am just starting out in the Ketogenic eating plan. The recipes are simple to make and I am excited to try more of them. The only reason I gave this 4 stars and not 5 is I wish there had been a break down of the fat, carbs, protein and calories in each recipe but as I try them I am doing the breakdown and writing it in the book..

I have read the book "Maggie's Ketogenic Crock-pot Cookbook" which offered some fine recipes and I really enjoyed cooking with my slow cooker. This paves way to a large number of

healthy, ketogenic recipes that you can eat without worrying about carbs. It is very helpful for me. I highly recommend this book.!!!

Great cookbook, and after reading it you get the idea that you really don't need a cookbook because you can just throw a bunch of yummy stuff in a skillet and it always turns out GREAT!

I started the ketogenic diet about two weeks ago. I thought this would be perfect for me, since I'm picky with food. I haven't made a single recipe from it yet, but I will. Someday....

Easy recipes with no exotic ingredients and reasonable preparation. Home cooking. The fam likes some of the meals too, which makes going (and remaining) keto much easier.

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Recipe DeLuxe: Discover 55 Amazingly Delicious Recipes For Breakfast, Lunch, Dinner and Desserts In Your Cast Iron Skillet (Cast Iron Recipes, ... Iron Cookware, Cast Iron Cookbook Book 1) Ketogenic Diet Weight Loss Recipes Box Set 2 Books in 1: Burn Fat and Achieve Rapid Weight Loss For Beginners through Low Carb and High Fat Recipes Ketosis ... fitness and ketosis and get a Dream Body) CAST IRON SKILLET COOKBOOK: Cast Iron Recipes For Delicious One Skillet Meals (Cast Iron Cookbooks and One Skillet Meals) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet)

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