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# Microwave Mug Recipes: 50 Quick And Easy Ketogenic Diet Mug Recipes - Delicious Ketogenic Recipes That Take Only Minutes To Make





## Synopsis

Never Miss Another Ketogenic Meal With These Insanely Easy Recipes That Take Only 5 Minutes To Make! What if you always had enough time to make delicious Ketogenic Diet recipes? What if you had quick and easy Ketogenic recipes with all of the nutritional information right in front of you? Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite. Bestselling author Jeremy Stone will show you how you can make healthy Ketogenic meals that take only minutes to make in this extensive cookbook. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his tasty secrets to making Ketogenic Diet mug recipes that will help you save time and lose weight! In this book, you will learn ... How to make over 50 Keto-approved mug recipes with full nutritional information An easy to understand overview of the Ketogenic Diet The benefits of mug recipes Why many other ketogenic cookbooks aren't really ketogenic How to make ketogenic mug recipes for any occasion; breakfast, main course, salads, snacks and side dishes. BONUS: 30 Additional Ketogenic Recipes E-Book Here are just some of the exciting recipes you will find inside: Five-Minute Breakfast Sausage Coffee Cup Scramble Cumin, Sesame and Lemon Mug Cake Cheddar and Green Chile Mug Cake Breakfast Brownie Muffins Pumpkin Pie in a Mug Feta Broccoli and Brussels Sprouts Slaw Lasagna in a Bowl Meatloaf Mug Bacon, Chive, and Cheddar Mug Cake Coconut Flour Chocolate Cake in a Mug And many, many more! Never skip another ketogenic meal again, get your copy today!

## Book Information

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## Customer Reviews

Giving that i spend a lot of my free time at work, we tend to make food in a microwave that's free for us to use. I love making great little meals that are pretty tasty and awesome. This book is full of those recipes and i must say, some of them that i've already tried, taste amazing.

This is a nice way to have a quick breakfast and most importantly have a healthy one. The best part of it is that, it is very quick to prepare and the guide makes it very easy. This is one Mug recipe that everybody should have for a quick and easy diet plan.

A great microwave mug recipe book. I liked the whole book. I've tried 4 cake recipes from this book namely Churro mug cake, Tiramisu mug cake, cookie butter mug cake and chocolate mug cake. All the recipes were so so tasty. Thanks to Jeremy.

As usual, I like to read this mug recipe book. It provide many of quick ketogenic Mug recipes. It teaches everything from morning to evening about meals. Also extra bonus desserts are available. The good thing for this book is not only provide recipes but also provide diet method

This is a great book help you make quick foods for your ketogenic diet. The recipes are very tasty and the best part only takes a short time to prepare. Loved the book.

This book contain some easy to follow recipes. I like and also recommend Ketogenic recipes book to my friends.

surprised how useful this book is for my low carb diet. easy to follow instructions

Didn't have a lot of foods that I like in here

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