

The Hungry Girl Guide to Keto: Lose Weight and Feel Satisfied with 100+ Delicious Recipes



The Hungry Girl's Guide To Keto by Lynette Perry

★★★★☆ 4.1 out of 5

Language	: English
File size	: 3248 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 100 pages
Lending	: Enabled



Are you ready to lose weight and feel satisfied on the ketogenic diet? The Hungry Girl Guide to Keto is your essential guide to getting started and succeeding on this popular low-carb, high-fat diet.

This book is packed with everything you need to know about the ketogenic diet, including:

- The basics of the ketogenic diet
- The benefits of the ketogenic diet
- How to start the ketogenic diet
- What to eat on the ketogenic diet

- What to avoid on the ketogenic diet
- Troubleshooting tips

The Hungry Girl Guide to Keto also includes over 100 delicious and easy-to-follow recipes that will help you reach your weight loss goals. These recipes are all keto-friendly and packed with flavor. You'll find everything from breakfast to dinner to dessert, so you'll never get bored with your ketogenic diet.

Here are just a few of the delicious recipes you'll find in The Hungry Girl Guide to Keto:

- Bacon and Egg Breakfast Burritos
- Keto Pancakes
- Creamy Tomato Soup
- Grilled Salmon with Lemon Butter Sauce
- Chicken Stir-Fry
- Keto Chocolate Chip Cookies

With The Hungry Girl Guide to Keto, you'll have everything you need to lose weight and feel satisfied on the ketogenic diet. Free Download your copy today!

About the Author

Lisa Lillien is the creator of Hungry Girl, the world's most popular food blog. She has been featured in numerous media outlets, including The New York Times, The Today Show, and Good Morning America. Lisa is the author of

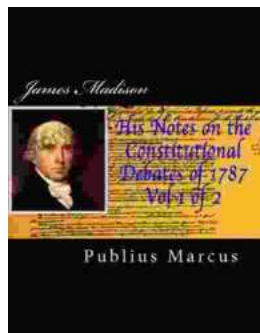
several cookbooks, including The Hungry Girl Diet, The Hungry Girl Calorie Counter, and The Hungry Girl Clean & Lean Cookbook.



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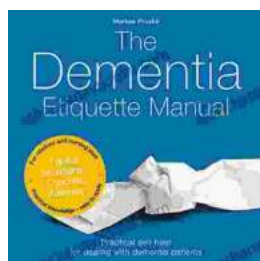
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