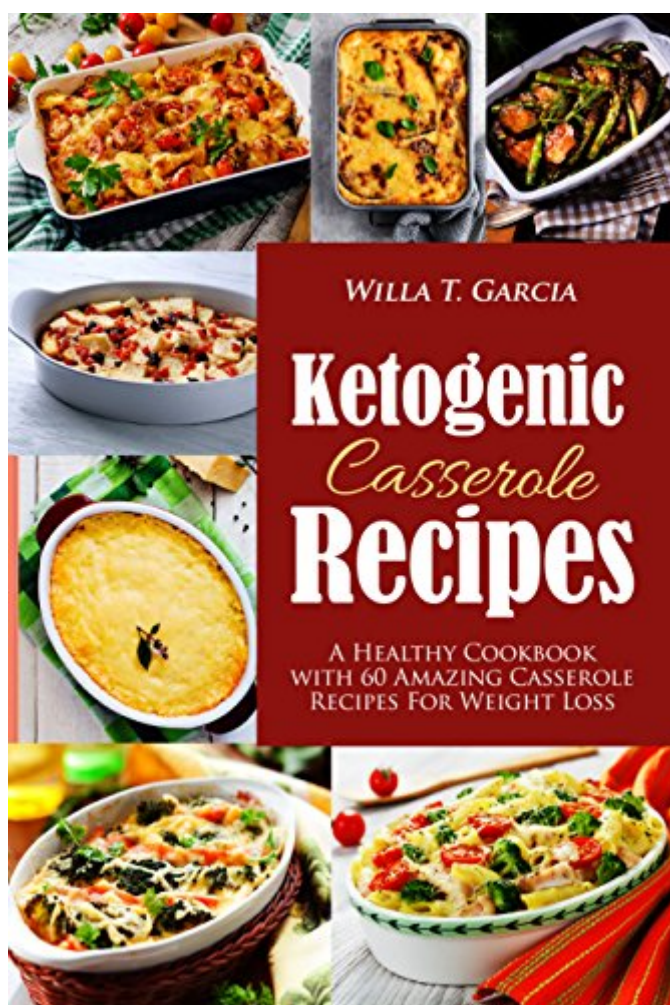


The book was found

Ketogenic Casserole Recipes: A Healthy Cookbook With 60 Amazing Casserole Recipes For Weight Loss..



Synopsis

Whether you need a tasty dish to satisfy a crowd, or want to toss together a quick dinner with just a few ingredients, you'll find lots of recipes to choose from. From savory breakfast casseroles to delicious dinners, veggie-packed sides to meatless mains, this is one cookbook you'll turn to all year 'round...HERE ARE JUST A FEW OF THE AMAZING RECIPES INSIDE THIS BOOK
Beef with Rotini Casserole
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Creamy Turkey Vegetable Casserole
Easy Vegetable and Feta Omelet Casserole
Provolone Artichoke, Spinach and Quinoa Casserole
If you want to try a ketogenic diet but are busy, stressed, and unsure about how to adjust your diet to make your body burn fat, this book is for you. No matter how busy you are, there is time to eat well. Your health is worth it.

Book Information

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Love this book!!! have found some really good simple meal ideas in this. It is easy to follow and understand
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This cookbook is very user friendly and give many good ideas

My family will love it,I want them healthy and strong.

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