

The book was found

Keto: Super Low Carb Smoothies & Juices: Ketosis The Easy Way



Synopsis

30 Super Keto Smoothies - The Easy Way To Keep On Your Keto Diet! All Delicious Too30
Delicious Fat Burning Recipes Brimming With Powerful NutrientsIncludes Fruit & Non-Fruit
Smoothies and Super JuicesFruit Smoothies Include: Raspberry Almond Smoothie Strawberry
Cheesecake Shake Gingered Plum SmoothieNon-Fruit Smoothies Include:Cinnamon Roll Smoothie
Coconut Mocha Frappe Minty Keto MilkshakeSuper Juices Include: Tropical Kiwi Juice Pear
Limeade Cucumber Lemonade

Book Information

File Size: 3337 KB

Print Length: 81 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 12, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01F5G1FT8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #17,447 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 inÂ Kindle
Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Appetizers #7 inÂ Kindle Store >
Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #8 inÂ Kindle
Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Carb

Customer Reviews

I was surprised at all the delicious smoothies this book had. I enjoyed seeing all the pictures for each smoothie. The author made the directions for each one super easy to understand. even showing nutritional facts on each smoothie was an added plus. The last book I purchased lacked any illustration. Sometimes I don't mind having any pictures but the pictures in this book definitely made this book stand out. The coconut mocha frappe tastes amazing. I am going to try the pineapple green smoothie next. A good book to have for the beginners just starting or thinking about a keto diet.

I had learning new smoothy recipes from this book. I noticed that most of the healthy smoothies should have unsweetened almond milk. I enjoyed reading the whole book as the author provided me with easy to find ingredients and very easy to follow steps. I also like the nutrition table every after each smoothy and juice recipe. At least, someone who wants to try these smoothy flavors need not to do a research if she wanna count the calories and fats intake. I am excited to try them asap.

I have been on strict diets for some time now and I always fall off the wagon eventually. This book, however, is easy to follow and I haven't experienced hunger pangs or cravings. I have access to 30 different recipes so by the time I'm done with all juices and smoothies I am already missing the 1st one. That is how I have managed to stay on a low carb diet without straining. So I get to stay healthy while still consuming tasty juices and smoothies. What is there not to love.

So many yummy smoothie ideas, So many yummy different types of smoothies that I look forward to making all packed with good foods that your body needs every day. The recipes are understandable and there aren't a lot of strange ingredients. There is also a good variety of recipes. Great book with lots of info and many low carb recipes to choose from. I love how this book has a specific chapter of recipes for smoothies.

Strawberry cheesecake smoothies is one of my daughter's favorite and I love the green superfood smoothies it helps my digestion works properly and stopped my constipation. Elizabeth Jane knows exactly what is healthy smoothies for older people. I already recommend this book to my mom who have the same problem like mine and she also tried some of the recipes given in this book and it help her a lot as well. And the good thing in this book is, all the recipes has nutritional information you can see in each of the recipes for you to know how much nutrients you got from what you taking. I am proud to recommend this book and I can tell that you won't get disappointed in this book. Very helpful and nutritious.

This is so yummy but doesn't take much calorie! I have been collecting different diet books. This books seems great and delicious too because it is smoothies and juices recipes. A very-well written with a crystal clear guide. One thing I learned not just from these cookbooks but from others book too is that you don't have starve to be sexy and fit. I just love these books. I can't wait to try it. Worth recommending!

[Download to continue reading...](#)

Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Keto: Super Low Carb Smoothies & Juices: Ketosis The Easy Way Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Ketosis: Keto: Ketogenic Diet: Ketogenic Ice Creams: Lose Fat Quickly with Top 50 Keto Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss Book 1) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to

Overcome Belly Fat) Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet) Low Carb: 500 Low Carb Recipes to Lose Pounds, Boost Metabolism and Eat Healthy (Low Carbohydrate, Low Carb Cookbook, Keto, Paleo, High Protein) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat)

[Dmca](#)