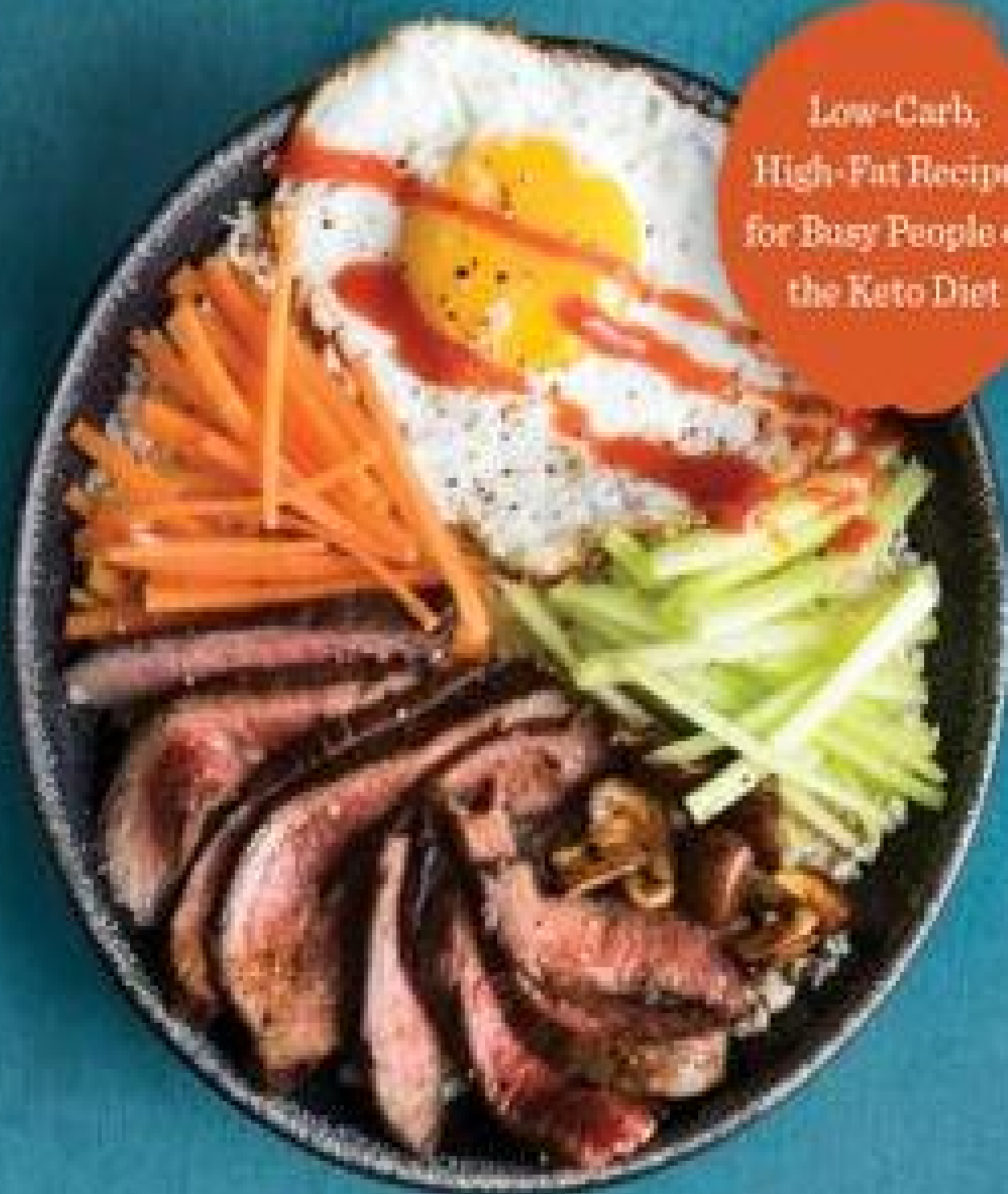


The Easy 5-Ingredient **KETOGENIC DIET** Cookbook

JEN FISCH

BE @KETOINFASCH.COM

Low-Carb,
High-Fat Recipes
for Busy People on
the Keto Diet



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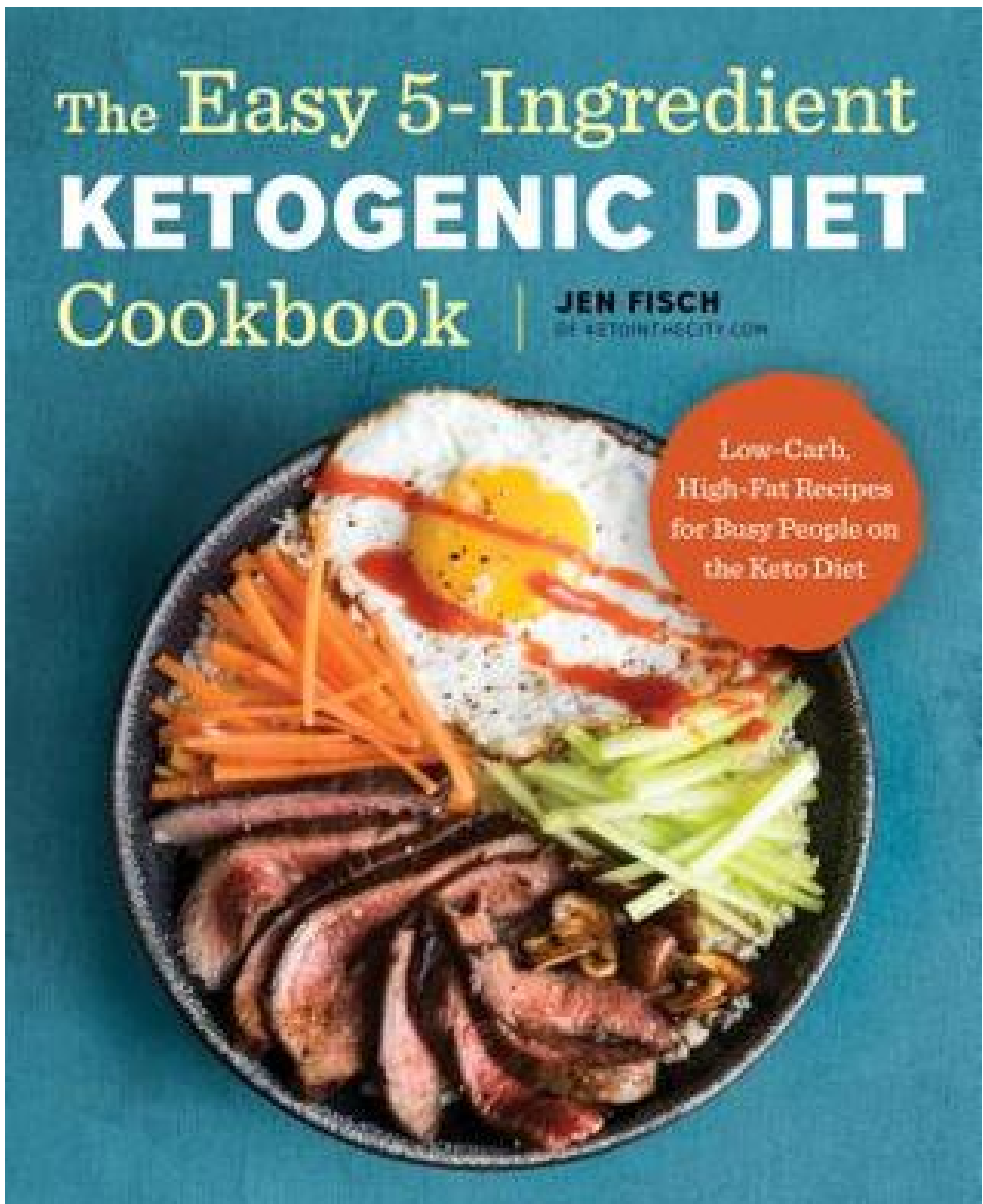
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Synopsis book

Keep up with keto on even your busiest days with The Easy 5-Ingredient Ketogenic Diet Cookbook. Finding quick and easy keto recipes that fit with your lifestyle and schedule can be difficult. That's why Jen Fisch, the blogger behind Keto in The City and a busy working mom, shares her favorite stress-free keto meals in The Easy 5-Ingredient Ketogenic Diet Cookbook. With 125 recipes that require no more than 5-ingredients, one pot, and 30 minutes or less to make, this cookbook offers a simple solution to keeping the ketogenic diet easy. The Easy 5-Ingredient Ketogenic Diet Cookbook includes: 125 Recipes for keto-friendly breakfasts, lunches, dinners, and snacks 5-Ingredient Recipes for stress-free cooking One Pot Meals for fast prep and clean-up Time Saving for ready-made meals in 30-minutes or less Ketogenic diet recipes include: BLT Breakfast Salad, Broccoli-Cheese Soup, Baked Zucchini Gratin, Garlic Butter Shrimp, Barbacoa Beef Roast, Berry Cheesecake Fat Bomb, and much more! Stay on the

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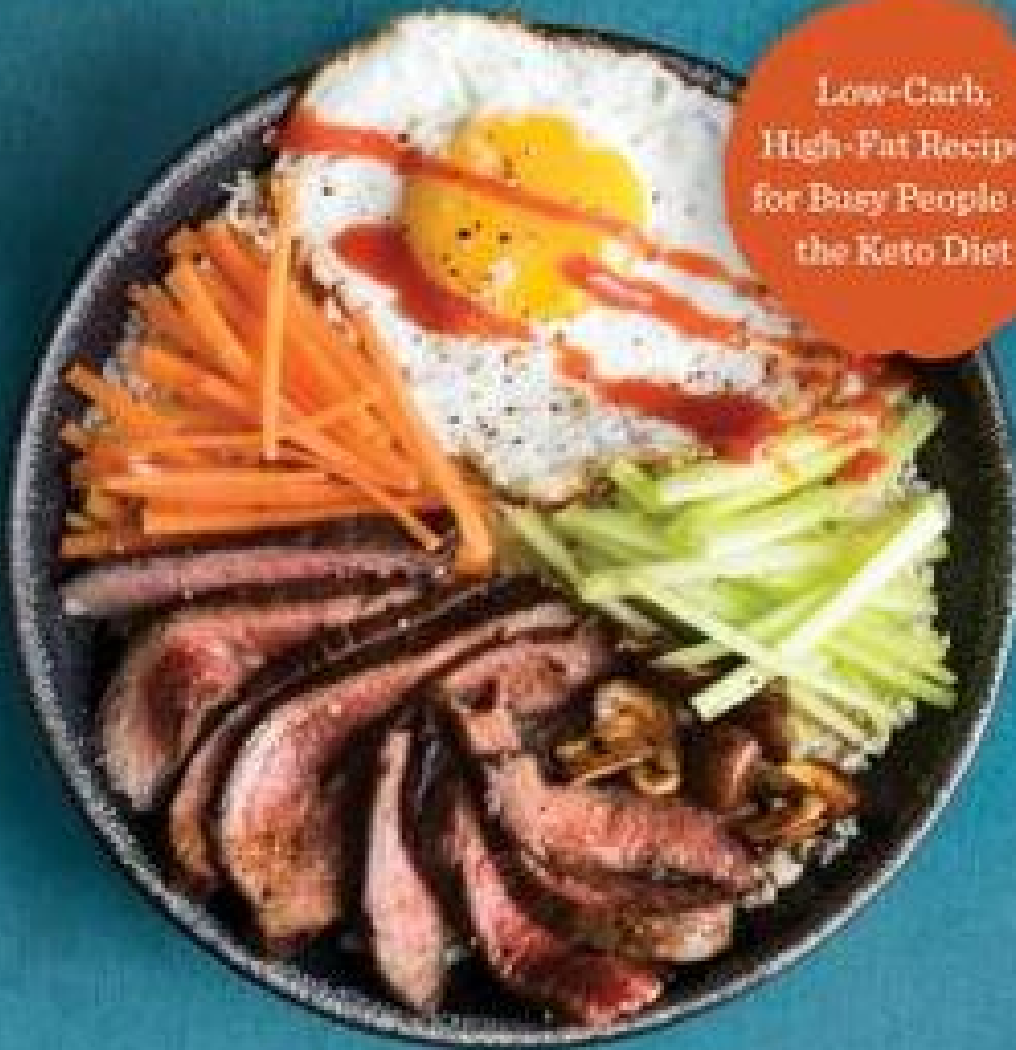
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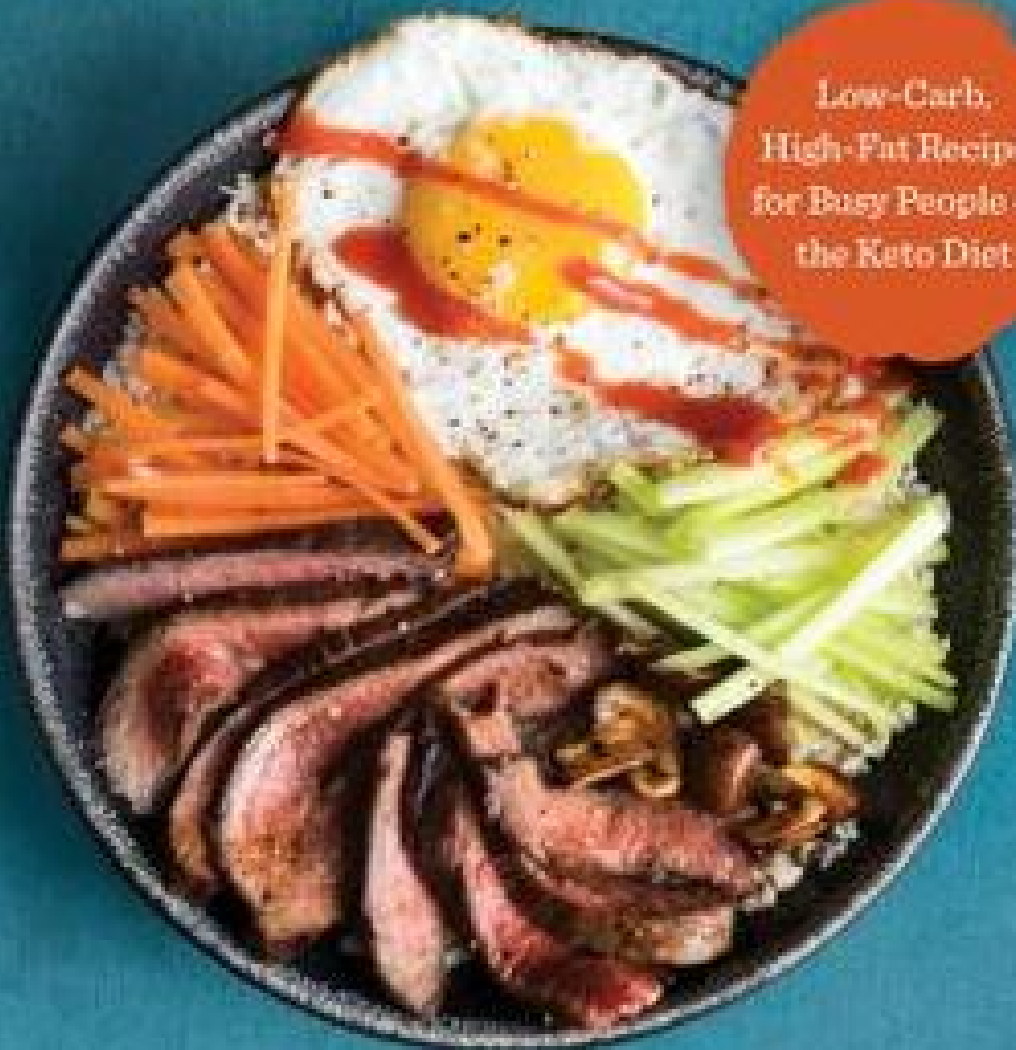
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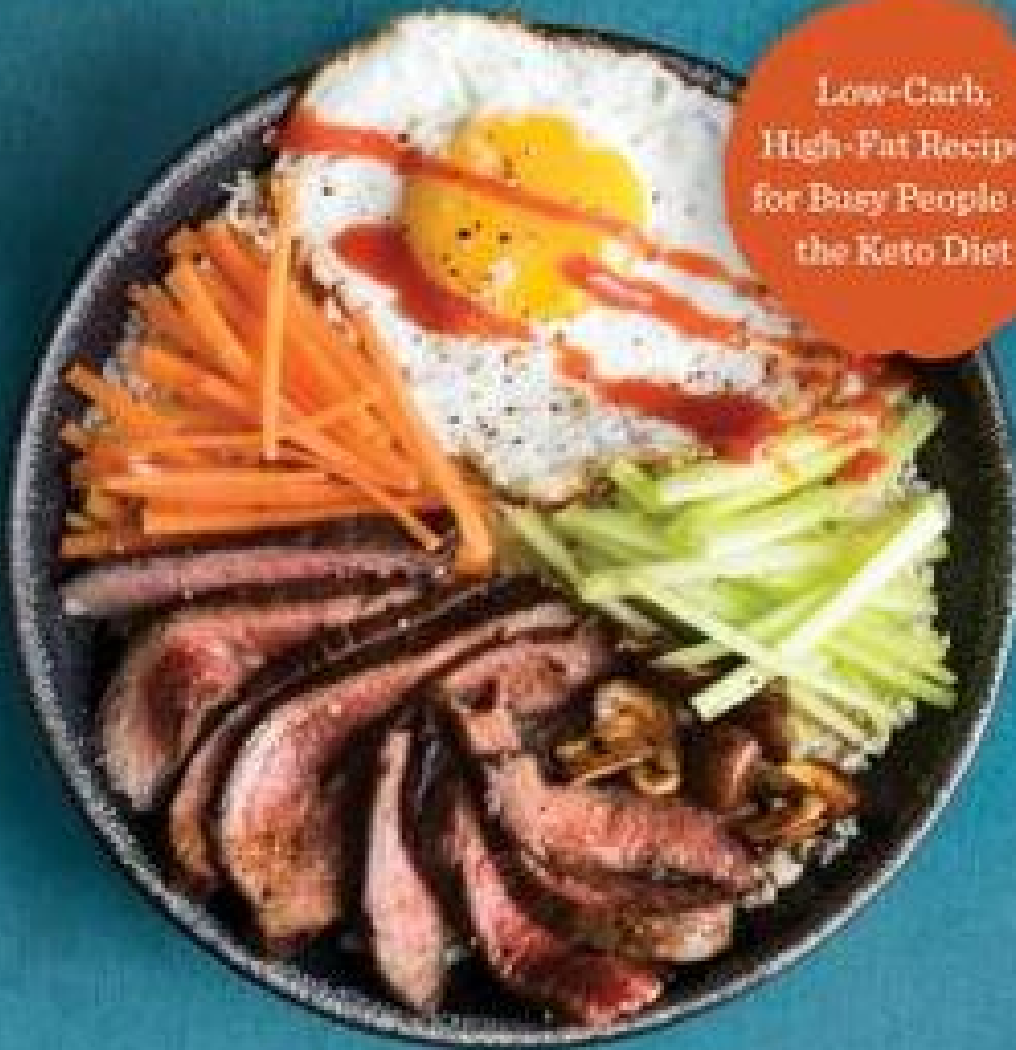
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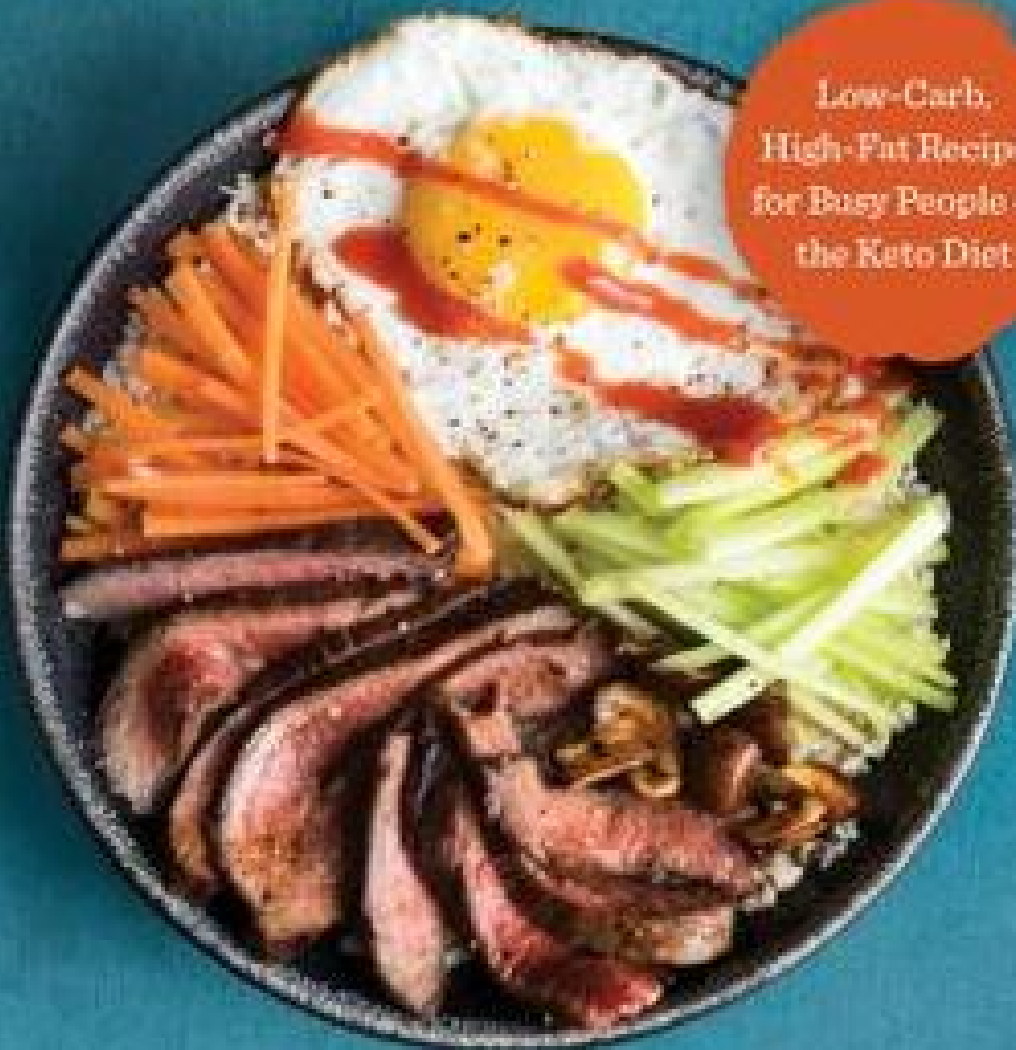
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Description

Keep up with keto on even your busiest days with The Easy 5-Ingredient Ketogenic Diet Cookbook. Finding quick and easy keto recipes that fit with your lifestyle and schedule can be difficult. That's why Jen Fisch, the blogger behind Keto in The City and a busy working mom, shares her favorite stress-free keto meals in The Easy 5-Ingredient Ketogenic Diet Cookbook. With 125 recipes that require no more than 5-ingredients, one pot, and 30 minutes or less to make, this cookbook offers a simple solution to keeping the ketogenic diet easy. The Easy 5-Ingredient Ketogenic Diet Cookbook includes: 125 Recipes for keto-friendly breakfasts, lunches, dinners, and snacks 5-Ingredient Recipes for stress-free cooking One Pot Meals for fast prep and clean-up Time Saving for ready-made meals in 30-minutes or less Ketogenic diet recipes include: BLT Breakfast Salad, Broccoli-Cheese Soup, Baked Zucchini Gratin, Garlic Butter Shrimp, Barbacoa Beef Roast, Berry Cheesecake Fat Bomb, and much more! Stay on the

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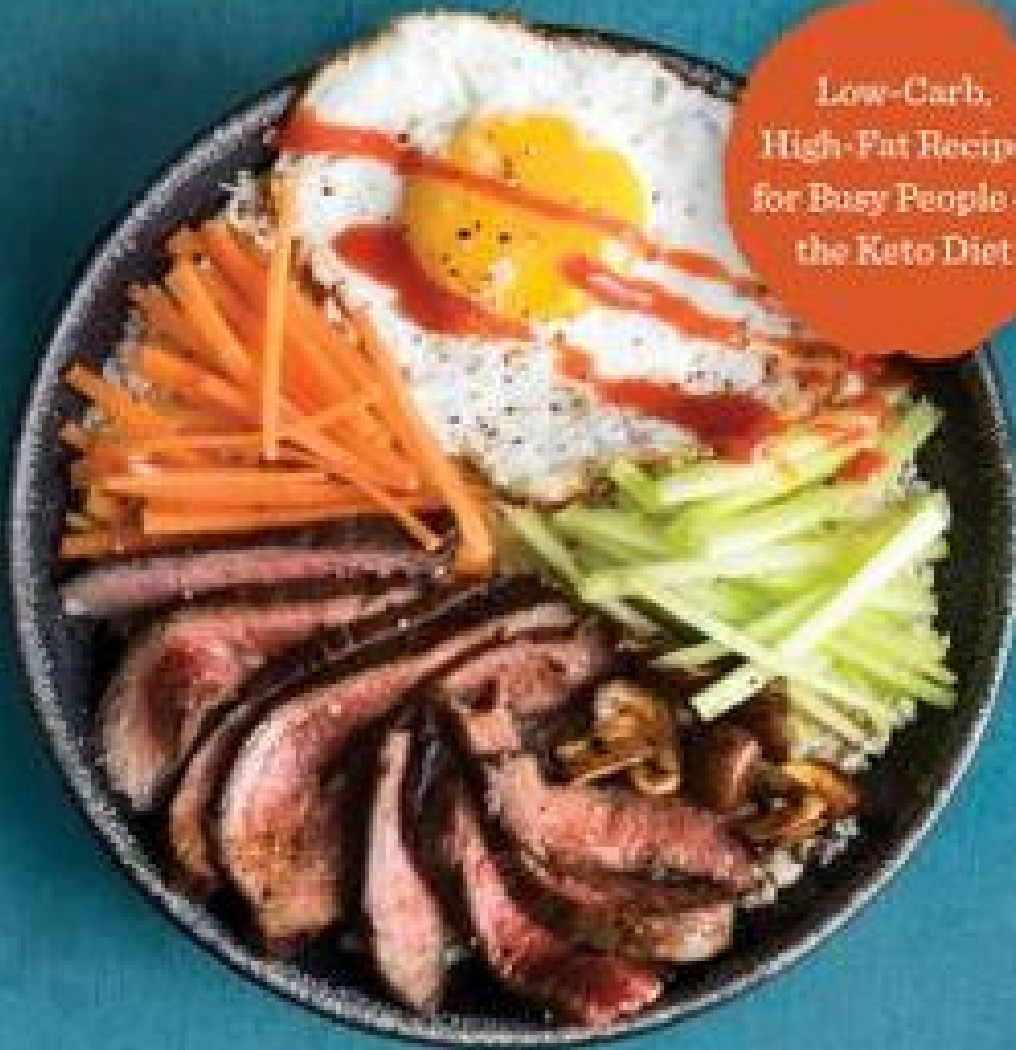
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Keep up with keto on even your busiest days with The Easy 5-Ingredient Ketogenic Diet Cookbook Finding quick and easy keto recipes that fit with your lifestyle and schedule can be difficult. That's why Jen Fisch, the blogger behind Keto in The City and a busy working mom, shares her favorite stress-free keto meals in The Easy 5-Ingredient Ketogenic Diet Cookbook. With 125 recipes that require no more than 5-ingredients, one pot, and 30 minutes or less to make, this cookbook offers a simple solution to keeping the ketogenic diet easy. The Easy 5-Ingredient Ketogenic Diet Cookbook includes: 125 Recipes for keto-friendly breakfasts, lunches, dinners, and snacks 5-Ingredient Recipes for stress-free cooking One Pot Meals for fast prep and clean-up Time Saving for ready-made meals in 30-minutes or less Ketogenic diet recipes include: BLT Breakfast Salad, Broccoli-Cheese Soup, Baked Zucchini Gratin, Garlic Butter Shrimp, Barbacoa Beef Roast, Berry Cheesecake Fat Bomb, and much more! Stay on the

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