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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

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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 wants to 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 helped 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 book 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 to starve to be sexy and fit. I just love these books. I can't wait to try it. Worth recommending!

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