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The ketogenic diet has been increasing and growing in popularity especially due to its miraculous results. It is a diet that has become popular because it allows the body to burn fat instead of sugar and is a great way to lose weight. This diet is excellent for weight loss if one is concerned about keeping their body fit. This book has simple quick delicious homemade low carb keto pasta recipes to intensify weight loss, promote longevity of your customers. Keto plus pasta is such a unique concept that came out to open opportunities for people who like pasta but wanted to lose some weight. It's an intelligent cookbook that provides you with all the recipes you need to cook low carb homemade pasta and make some delicious meals or snacks. The recipes included in the cookbook are very simple to follow and easy to achieve. It also contains creative recipes that will tickle your taste buds. The book is made in a way that it can be used by beginner cooks as well as professional chefs. Here's a little peek of what's inside this cookbook: What is Keto Diet, Keto Pasta Tools, Tips for Keto Pasta, Pasta Recipes. By reading this cookbook about Keto Pasta recipes, everybody will discover healthier and more delicious ways to enjoy their favorite kinds of pasta. Your customers will enjoy Keto Pasta without affecting their health and caloric intake; they can enjoy your favorite healthy keto pasta dishes with a healthy twist and they will also experience the secret of making their own keto pasta. Therefore, even if they are on a Keto Diet or simply want to eat healthier, a KETO PASTA cookbook is a must have. It will come in handy to individuals who want to lose weight while enjoying their favorite varieties. All of these pasta recipes are easy to prepare. Your customers do not need to be a chef or an experienced cook to enjoy these recipes. In fact, each of the recipes in this book is written in a step by step manner with clear instructions and illustrations. All they need to do is follow all the recipes and the result will be nothing less than simple deliciousness with fewer carbs and calories than the traditional pasta recipe. They can eat their favorite pasta without sacrificing their health and still keep on losing weight. So what are you waiting for? GRAB your copy of THE KETO PASTA COOKBOOK today and get your customer in shape while enjoying their favorite meal.

Low Carb Greek Recipes and Low Carb Raw Recipes Tina Palmarchetty, 2015-04-27. Welcome to the Low Carb Bibles. A series of Low Carb Cookbooks for home cooks and food enthusiasts. Looking For New Low Carb Ideas That Actually Taste Great. Explore the world and make cooking an easy task with Tina Palmarchetty as she takes you through different cultures and cooking techniques, all carefully designed to please the avid Low Carb follower. Busy Moms Listen Up. Tina delivers delicious recipes for the entire family. She was a working mother when she decided to write these books; she understands the constraints that come with the territory. Hungry? Excited? There's more. You'll never have trouble coming up with meal ideas again. The Low Carb Bibles provide you with everything you need to go Low Carb, stay Low Carb, and LOVE EATING LOW CARB. Vitamix Recipes, Soups, Smoothies, Juices, and Sauces don't have a Vitamix. A blender will do just fine. A Collection of Your Favorite Foods. All Low Carb, miss the pasta, pizza, burgers, and desserts from your diet. It's all one click away. Italian, Indian, Greek, Mexican recipes and many more. Always on the go? Check out the On The Go Recipe Book or the Freezer Recipes Book to save time. On a budget? Eating low carb doesn't have to be more expensive than it already is. Check

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