



# **Ketogenic Diet Dinner Recipes: 125 Quick, Easy Low Carb, Keto Meals**

*Kristina Newman*

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## **Ketogenic Diet Dinner Recipes: 125 Quick, Easy Low Carb, Keto Meals** Kristina Newman

In this book, you will have 125+ low-carb Ketogenic recipes to try for dinner. You are certain to find some of your absolute favorites that feature a low-carb twist without compromising any of the flavor that you love. You might also find some new recipes that instantly become family classics, and you can prepare and serve them knowing that they are healthy and delicious. Dinner time can be a stressful period in most families, but sticking to the Ketogenic diet and using this book as a guide can take some of the pressure out of cooking. Everything you need to know is right in this book, and you'll have weeks' worth of recipes that you'll be glad you tried!

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