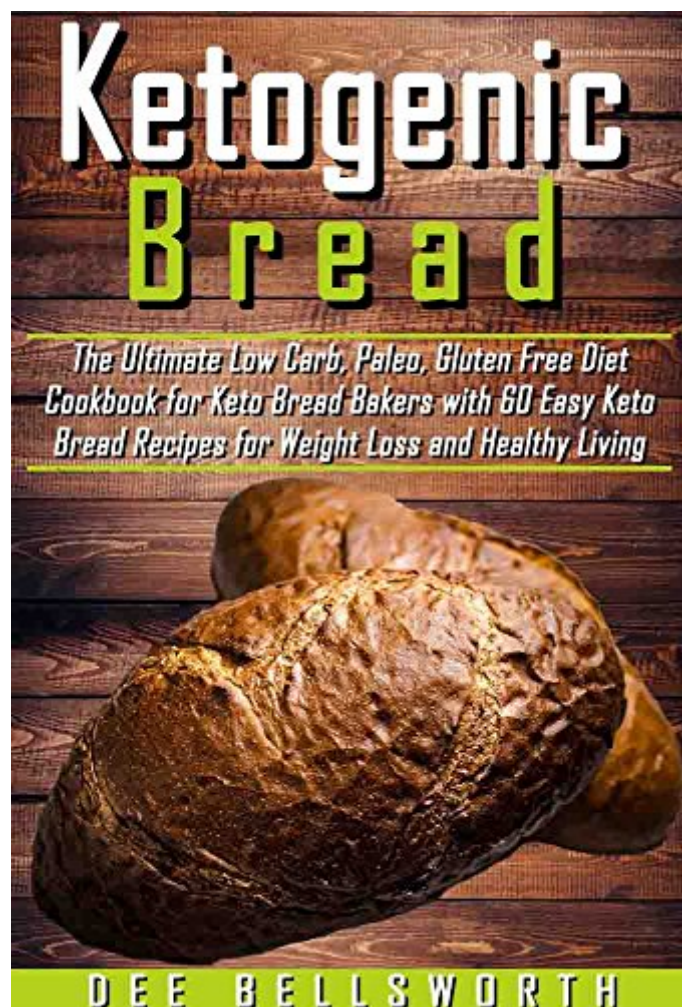


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# **Ketogenic Bread: The Ultimate Low Carb, Paleo, Gluten Free Diet Cookbook For Keto Bread Bakers With 60 Easy Keto Bread Recipes For Weight Loss And Healthy Living**





## Synopsis

Kindle MatchBook: The Kindle edition is FREE when you buy the paperback edition today! The top 60 Keto Bread recipes to promote rapid weight loss, improved energy, and optimal health! Includes serving size, and nutrition facts for every recipe! Some of the biggest authorities on nutrition and weight loss have recognized the Ketogenic diet is among the most effective ways to not only lose weight, but promote maximum overall health and feel years younger! But thousands of keto dieters around the world didn't need the experts to tell them that. They already knew how effective going keto can be because it has already worked for them! Keto diet used to mean you had to give up bread but not anymore! One of the things many ketogenic enthusiasts miss while on keto is enjoying delicious, fresh baked goods like pretzels, buns, muffins, and even just simple, warm loaf of bread fresh from the oven. You don't need to sacrifice anymore! This book is loaded with 60 easy to make keto bread recipes that will have your mouth watering in no time. Even on a fully ketogenic diet, you can still enjoy delicious bread and other baked goods without sacrificing your health by eating fattening refined carbohydrates! Say YES to 60 delicious ketogenic bread recipes and stop missing your favorite baked goods! Grab this cookbook today and enjoy amazing, fresh, tasty baked goods without destroying your ketogenic diet! Don't take a pass on these amazing recipes that your family will love and that will make you feel healthier and better than you have in years!

## Book Information

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## Customer Reviews

Not so very long ago, the vast majority of people had no idea what gluten was let alone how the mysterious substance affected the body. Those who were put on gluten-free diets for health reasons were pretty much left on their own as even most doctors and dieticians had no clue about which foods actually did or didn't contain gluten. Information is slowly spreading to the general public and more and more people are aware that Gluten is in wheat. This true but extremely limited knowledge (gluten is also found in all sorts of other cereal grains, additives, and commercial products) causes many people to believe that they can be supportive of their gluten-free friends or family members by simply not serving bread- how about rice with a generous helping of soya sauce (also high in gluten). This isn't one of those I want to lose weight diets it's an all or nothing lifestyle that has to be followed to the letter to produce the best results. The good news is that living gluten-free isn't about going without. There are plenty of gluten-free options.

This cookbook has been exactly what I needed to get excited about keto again. I was a pretty committed follower of keto a couple years ago when I needed to really aggressively lose some weight. It is a very effective diet, first of all because it accelerates your weight loss naturally, by also because it gives you so much energy and quality protein that you end up getting way more benefits from your workouts. What I always struggled with about keto, and the reason why I eventually gave it up, was the lack of bread. I just missed it so much. Having to give up burgers, sandwiches and treats like muffins was just more than my will power could handle. I tried the different substitutes but they didn't cut it. Maybe I'm just weak but that was what broke me before. This cookbook changed all that. These recipes make a ketogenic diet a viable, sustainable, and enjoyable option for me for the long term. I'm happy to say that since picking up this cookbook I'm back on keto and feeling fantastic. But this time, I know I can stick with it because I'm not missing out on anything. I'd give this cookbook 6 stars if I could and I recommend it to everyone I know who is on keto or who wants to seriously improve their health and lose weight.

I'm sure I'll give it a better review when I get it. I ordered on 8/7/17, here on 8/25/17 it is still not in my library or on any device. UPDATE - The book has a lot of useful and yummy recipes. The problem is for the serious ketogenic dieter... the nutritional content should have specific serving size (how many crackers or ounces) and carbohydrate breakdown, such as dietary fiber and net carbs as well as sugar grams.

I was hoping to find a replacement for regular wheat bread. There are too many carbs in bread and they are so refined that they get processed in much the same way as sugar. Terrible for weight loss. What I found in this book is a viable alternative. I have made most of the recipes in this book and they are all good. I have to admit however that they are not as good as high carb bread. I wish they were but if I didn't care about losing weight honestly I'd just eat the high carb bread. The strength of this book is that it gives an alternative that while not quite as good, is still pretty good and most importantly it is healthy and won't impair your weight loss efforts. All in all, it is a good cookbook and if you need to lose weight then I recommend it.

Love these recipes!!! I've tried making low carb bread before but it came out flat and tasted weird. I didn't like it all. I think I just didn't have the right recipes though because I've made 6 of the recipes in this book and every one of them came out perfect. I'm excited about the possibilities this means for following a low carb diet without sacrificing sandwiches, hamburgers, and so many of my other favorite foods.

I love the keto diet and these recipes are perfect for me. I track everything I eat and am meticulous about tracking my net carbs. The recipes in this book seemed too good to be true but they are working for me: I can eat sandwiches and burgers again and still stay in ketosis. Amazing! I would give this book 10 stars if I could, I feel like I have a whole new world open to me again.

Some new recipes I didn't have, well written. But....I stay under 20 carbs per day, so not too many recipes work for me. Light on nutrition information, especially fiber, which is helpful to figure net carbs.

Though I had few confusions before purchasing this book but after reading this entire book, I have understood how helpful this cookbook was. Inside here I have found lots of low carbohydrate ketogenic recipes and much more things. I really liked all these recipes that what I found inside

here. The author Dee Bellsworth has done excellent job and described each recipe so briefly. I have learned all these recipes so quickly because of easy to understand & step by step instruction. I would like to recommend these recipes to all interested readers.

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