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Visit the help section or contact us I Gave a Free Copy of My New Keto Cookbook, Enjoy Keto Plus 100+ Delicious Keto Recipes! The bread you see above is the most delicious and delicious bread you can imagine. Crispy crust, inside it's lightly and fluffy... Every rich bite and butter will make you really forget that you are in the keto. Your kids will dig up Please just another incision! And your colleagues will be surprised when you reveal that the bread in your sandwich is actually healthy! NOT JUST Bread... How about Delicious Keto Cookies & Lasagna? This food is the most delicious comfort food you can eat. Each lasagna bite fuels your body with vitamins, minerals, & Fat. This is a food you think you have to give up forever... Moreover, each delicious ginger spice cookie is 100% free of inflammatory ingredients. And they are sweet enough to satisfy any sugar craving... The best part - of course - is that these foods contain almost no carb and fat. And this sense of cookie is so good, you won't be sedated to cheat with non-keto food. Most importantly, this keto recipe is full of flavor spices and has been tested in my own kitchen. Fresh toasted Keto bread that is MORE delicious than regular bread! MOST healthy bread tastes really awful. The people you buy in the store are usually dry and collapsed - unlike real bread at all. My keto bread was furry and light and it didn't fall apart. It feels like a real bread and it chews like real bread. And the aroma when it comes out of the oven is divine. Besides, my lasagna oozes with flavor and spices... Basil. Parsley. Fennel. Oregano. Thyme. Garlic. Fresh tomatoes. Two types of meat. So delicious! And that's not all - my new cookbook is full of mouth-preparing Keto recipes. I personally develop every recipe, so I can promise you they are really delicious and easy to make. MOST healthy bread tastes really awful. The people you buy in the store are usually dry and collapsed - unlike real bread at all. My fresh keto bread was furry and lightweight and it didn't fall apart. It feels like a real bread and it chews like real bread. And the aroma when this bread comes out of the oven is divine. Besides, my lasagna oozes with flavor and spices... Basil. Parsley. Garlic. Fresh. Two types of meat. And my new cookbook is full of simple Keto recipes made, delicious like my lasagna. Here's Why My Important Keto Cookbook is 100% FREE Today... [I just updated (I haven't released this version on Amazon yet)] It has new recipes, new images, and complete nutritional information and carb count for each single recipe. And I'm really proud of how this cookbook turned out! So I give a limited number of copies to people like you. People who appreciate good keto recipes, and want to eat delicious food and lose weight. If you like recipes, please tell someone about the book. A friend, colleague, or perhaps your neighbor or sister. That helps me, but it also helps them eat amazing food and feel great. Your friends and family will also thank them for showing them delicious recipes! In this way, we can expose more people to the incredible benefits of eating delicious keto food! My Most Requested Recipe... After spending months in the kitchen, I decided to include more than 100 of my best keto recipes in the Essential Keto Cookbook. Here are some of the most popular recipes from 50,000+ people who bought the original version: Crowd-Pleasing Keto Finger FoodsPopsicle ShrimpChicken NuggetsDry RubsFiery Buffalo WingsCurry Garlic Critic Chicken DrumsticksMini BurgersChicken, Salty, Salty, Salty, Salty, Salty and Savory Keto SnacksLemon Fried AvocadoSalTED Pretzel BitesSavory Italian CrackersKeto Superfoods Trail MixCrunchy Kale ChipsMouthwatering, Sweet Keto TreatsSpiced Chocolate Protected PecansChoc Coffee Coconut TrufflesBise Chia PuddingPeppermint PattiesAsian-Inspired Keto FavoritesMu Shu PorkChicken Pad See EwThai Shrimp SoupZucchini Beef PhoChinese Beef SoupMexican TacosGuacamole BurgersSpaghetti BolognaeseCoconut Chicken CurryBaCon Wrapped Chicken Mason Crowd-Pleasing Keto Finger FoodsPopsicle ShrimpChicken NuggetsDry RubsFiery Buffalo WingsCurry Garlic Critic Chicken DrumsticksMini BurgersChicken, Salty, Salty, Salty, Salty and Savory Keto SnacksLemon Fried AvocadoSalTED Pretzel BitesSavory Italian CrackersKeto Superfoods Trail Mix Crunchy Kale Chips Mouthwatering, Sweet Keto TreatsSpiced Chocolate Protected BuransChocolate Coconut Coffee TrufflesBiscottiCucumber Lime GummiesChocolate Chia PudingPeppermint Patties Asia-Inspired Keto Favorite You Shu PorkChicken Pad See EwThai Seral Shrimp SoupZucchini Meat Meot Phochin Sese Mexican TacosGuacamole BurgersSpaghetti BolognaeseCoconut Chicken CurryBaCon Wrapped Stupid Chicken Bites Cassa I started keto... Hi, I'm Louise, founder of the Keto Summit and author of Essential Keto Cookbook. I joke with my friends about the reason I got into Keto - it was because I just loved too much food. It sounds stupid, but it's true. No matter how hard I tried, I couldn't stop eating the food I knew good for me. About 7 years ago, and husband Jeremy and I both had some health issues - weight gain, fatigue, Candida, and more. We knew that our diet is a big reason we feel bad. But we found out so hard to give up all our loved ones. Louise HendonAnd then one day, Jeremy told me about the keto. She thought keto might eventually help her lose weight and also helped me cure some of my intestinal issues. I joke with my friends about the reason I got into Keto - it was because I just loved too much food. It sounds stupid, but it's true. No matter how hard I tried, I couldn't stop eating food that I knew wasn't good for me. About 7 years ago, my husband Jeremy and I both had some health issues - weight gain, fatigue, Candida, and more. And we know that our diet is a big reason we feel bad. But when Jeremy first told me about the keto, I was skeptical. Cutting all my favorite foods seems like a huge price to pay. In fact... Keto Sounds Strange To Me... But I have to try something... At first, I couldn't understand how it makes sense to cut most or all of the carbs. And since I have a bunch of health issues (such as bloating, heartburn, and IRS), I worry that keto will make my problems worse. Most worryingly, I LIKE eating flavored foods - foods laden with spices, sugar, and even salt. And I HATE eating bland food. I was convinced that Keto's diet meant I had to eat one boring meal after another. But Jeremy convinced me to give it a try as well. He assured me that we can still eat flavored foods full of healthy fats and spices. Most importantly, I LIKE to eat flavored foods - foods laden with spices, sugar, and even salt. And I HATE eating bland food. I was convinced that Keto's diet meant I had to eat one boring meal after another. But Jeremy convinced me to give it a try as well. He also explained that cutting sugar and carbs will probably help me feel less tired all the time. That really hit home for me. So I decided to give it a try... Eating Delicious Keto Foods Changed So Much for Me... On the first day I went to keto, I woke up and ate bacon and eggs for breakfast. Lunch is a fresh salad topped with warm chicken pieces, and dinner is a delicious ribeye. Those first few days are simple. I love bacon, salad, and steak, and I feel good. On the morning of my fourth day, I was very surprised... I woke up and felt rested. And that was WEIRD for me. (I used to wake up and feel like I need another 3 hours of sleep) I was hungry at all. As a habit, I ate ketchup with everything, and I didn't need it anymore. By the end of the week, I was also feeling better. One thing I noticed was that I wasn't getting bloated anymore. I had IBS, but there wasn't much I could do about it. Basically, I once ate a lot of sugar, and now I wouldn't eat anything sweet that I could get my hands on. I hope that changing my diet and lifestyle will help me feel better. And it's not... Once I cut the sugar and other processed foods, my stomach began to settle. I got less bloated and stopped having heartburn. Then - and this was the best part for me - I started to feel like I'd regained my energy and youth vitality. Probably the best of all. I stopped craving sugar all the time. But that doesn't mean that I really forgot about all the food I used to love. So... I created The Keto Version of All My Favorite Snacks, Desserts, and Comfort Food... I love most of the foods I eat on keto diets - steaks, salads, and even bacon. But I kept being forced to eat the same food over and over again. So I looked around for new and exciting keto recipes. I bought a book in the store and I searched across Google. But almost every recipe I tried was trying to frustrate. Most of the recipes were frank so bad that I could barely eat them. So I looked around for new and exciting keto recipes. I bought a book in the store and I searched across Google. But almost every recipe I tried was trying to frustrate. Most of the recipes were frank so bad that I could barely eat them. And although I find great recipes, it usually means that I have to spend hours in the kitchen or go hunting for random ingredients that my local grocery store doesn't have. I don't have the time or energy to keep looking for simple keto recipes that I feel great about. Plus, 99% of keto recipes I found are unhealthy!! Plus, 99% of keto recipes I found are unhealthy!! Most Keto Recipes Use a bunch of Inflammatory Ingredients... Almost all of Keto's recipes I found were unhealthy at all. They are technically keto, but they have a lot of bad ingredients. Example... Many keto recipes are cooked in seed oil!! They call for vegetable oils or sunflower oils or some other oils that are highly processed and full of bad fats. No thanks. Such recipes also typically use chemical sweeteners such as sucralose or aspartame. For me and my family, I want to avoid them as much as possible. Finally, almost every keto recipe I found was loaded with cheese and others Dairy. So I realised, if I would continue to eat keto diet and feel great, I have to take things into my own hands... I have to come up with my own recipes, and I have to get creative... Salty, Crunchy, 100% Keto Snacks That Feel Like The Real Thing... Keto Foods can be absolutely delicious. However, your selection of snacks can often feel very limited. In particular, keto snacks rarely have that snacks are not keto such as chips, popcorn, or crackers. Sure, you can eat celery or raw vegetables, but every day? It is important to find crispy and delicious keto snacks so that it makes your diet easier and enjoyable. But most of the keto snacks you find in store are either processed or simply dry, flavored, soft, or mushy. So I set out to make salty, crispy snacks just as I used to eat. 10 Keto Breakfast That Will Break You Out Of Bacon and Your Egg Funk... When I first went to Keto, I couldn't believe that I could actually eat bacon every day. It's like a dream come true. But after three straight weeks, bacon and eggs start to get a little (or a lot) boring. And no matter how hard you find your pantry or refrigerator, there aren't many other obvious options. Thankfully, you don't have to settle for a boring keto breakfast anymore... 8 Dessert Keto Desserts That Will Please Any Sweet Tooth... Pretty much every dessert is healthy - they always look so good but end up being such a disappointment. They are usually unfilled, dry, or simply disgusting... And keto desserts are often worse because you can't use sugar! All my keto desserts are created with delicious fat to fill you and make you lose weight while satisfying every sweet tooth. Keto Lunch and Dinner that Your Family and Friends Will Swear Not Keto... My friends and family thought I was crazy to cut all the carbs and sugar. They couldn't imagine why I would subject myself to such torture (in their eyes). So every time I eat with them, I want to try it really hard to show them how delicious keto food is. But that wasn't easy when I first started... And sacrificing my social life is not an option - what's the point of finding and feeling better if I can't share it with my friends and family? I need lunch and dinner pleasant people, I can serve everyone - keto or not. So this recipe is needed to feel great, but above everything else, being forced to trick friends and family into thinking they don't actually keto recipes: now imagine how your kids will react when you serve them delicious keto tacos for dinner. Or the look on the faces of your friends as they combine those goats and mint mealballs at a party. This recipe tastes so good, your friends and family won't know them keto! But you don't have to take my word for it... Over 50,000 First Edition Buyers Keto CookbookHere was just a few of them had to say about my recipe:Here's what only a few of them had to say about my recipes: I loved Keto Cookbook Impartored by Louise and Jeremy Hendon. The beginning of the book explains what Keto's diet is and who should give Keto's diet a try. It provides solid and useful information without making me feel overwhelmed. This cookbook is IMPORTANT if you are interested in trying a ketogenic diet. It is well written and has plenty of pretty colored photos of many dishes. Ms. Hendon points out that eating this way can be very satisfying. I highly recommend this book. The book is brilliant. It is very easy to read and understand and recipes are easy to make. Louise is amazing and her knowledge and performance is the place. He really has the ability to communicate with people and I can't wait to start making recipes. Thank you Louise. Remember... Nothing will be re-billed on this offering, ever. This is a ONE-TIME shipping charge, and NOT a free trial. This cookbook is my way of introducing Keto lifestyle to more people. Get Your Free Physical Copy of Important Keto Cookbook Today! Click Here To Claim Your Free Copy! Remember... Nothing will be re-billed on this offering, ever. This is a ONE-TIME shipping charge, and NOT a free trial. This cookbook is my way of introducing Keto lifestyle to more people. 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Is Essential Keto Cookbook Suitable for you? I haven't met anyone yet who doesn't Their recipes are truly BELOVED in the Essential Keto Cookbook... And over 50,000 people bought the first version of my cookbook, so that's a lot to say! And eating a low-inflamed Keto diet can be great for people who: Want to avoid sugar, artificial sweeteners, wheat, gluten, and other keto keto-seeking seeds fast, simple, and testedWant to dramatically reduce inflammatory ingredients in their foodsAre trying to control their blood sugar by reducing starch and sugarsWant to eliminate concerns about whether each meal is keto/healthy or not shy lactose intolerant (no recipe I contain any dairy!) trying to deal with digestive issues Other carbohydratesSimply want to enjoy their favorite food version of Healthy, delicious, keto You no longer have to choose between eating delicious foods and being in ketosis. Essential Keto Cookbook brings you all the benefits of a keto diet while helping you eat the food you and your family will absolutely love to eat. And unlike many other keto recipes out there... You Don't Need a Cooking Experience To Make These Delicious Keto Foods Many keto call recipes for ingredients that you can only find in high-end health food stores... But rare ingredients often cost more. And, after years of eating keto, I realized that luxury ingredients do not have to be at all. They usually only increase the complexity and cost of feeding. So I left them out. Almost every ingredient in the cookbook is either already in your kitchen or it's easy to get from your local store. I created Essential Keto Cookbook to have a simple, simple recipe - and that means having an easy to find ingredients too! Most Keto Recipes Still Contain a Bunch of Terrible Ingredients... Just because foods that are low in carbohydrate do not mean that it is automatically good for you... Many keto recipes still contain ingredients that I would not choose to eat. Many common keto substances (such as cheese, dairy, and seed oil) are very inflammatory or sometimes even very high in carbohydrates. And if you really want to feel great, you should pay attention to more than as much sugar in your food. The 100% recipes in this cookbook are also gluten-free, Paleo, low inflammation, and dairy-free. All recipes contain: ZERO cereal/ZERO artificial sweetener processed foodsZERO dairy nuts OR seed oil so you are not just losing weight and eating delicious foods, you also heal your body. Get My Important Keto Cookbook for Only Shipping Costs... With 105 recipes preparing mouth-prepared in essential Keto Cookbook, you have food, snacks, desserts and breakfasts throughout the family you can enjoy for any occasion. All you need to do to claim your free print copy of Keto Cookbook Important today is press the buy button below. This is completely free - you only pay a small fee to cover shipping and we will handle the rest. Essential Keto Cookbook is a real physical cookbook that we will ship directly to your home. There are no messes with digital files or downloads. Only a wonderful full color cookbook full of delicious recipes that will help you slim down and take care of Happy. With 105 recipes preparing mouth-prepared in essential Keto Cookbook, you have food, snacks, desserts and breakfasts throughout the family you can enjoy for any occasion.

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