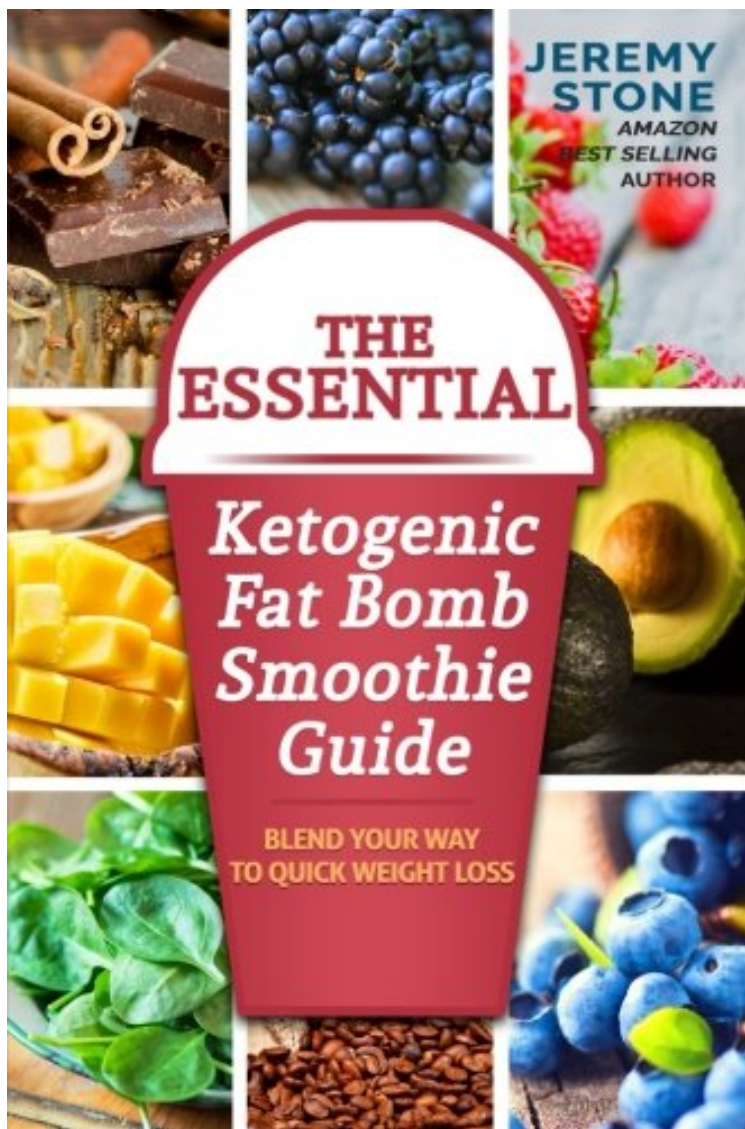


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## The Essential Ketogenic Fat Bomb Smoothie Guide: Blend Your Way to Quick Weight Loss (Ketogenic Diet, Fat Bomb, Recipes, Ketosis, Keto, Paleo, Low Carb)

Jeremy Stone

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Your Way to Quick Weight Loss (Ketogenic Diet, Fat Bomb, Recipes, Ketosis, Keto, Paleo, Low Carb):

4 of 4 people found the following review helpful. 10 stars  
By kittenmittens  
I love this book! I am a big fan of smoothies but it can be difficult to keep the carbs down on a ketogenic diet. Some of these smoothies have higher carbs (still low carb but high considering the diet requirements) and some have very low carbs. Each recipe has a little description and a full macro breakdown. It is a very versatile book. Some of these recipes are low calorie, some are low calorie but come with the option to "fat bomb it" and others are higher calorie to begin with. There's a lot variety in here with different fruits and vegetables and would be an excellent addition to someone who isn't low carb but is dieting, watching their weight or enjoys different smoothies. There are over 60 different types and I'm confident that even when I hit my goal weight and trying to maintain it that I will keep using these recipes. I enjoyed this book so much that I purchased another of his.  
3 of 3 people found the following review helpful. This is a very interesting book to read.  
By Karen Israel  
Started reducing my carbs two months ago to control my blood sugars. Working perfectly. Enjoying delicious smoothies, daily, tweaking as I go. Weight is melting away. These days smoothies are very popular healthy drinks that you can make from almost everything, and this is a great book that has a lot of amazing recipes for smoothies and shakes. I honestly recommend this book for everyone.  
0 of 0 people found the following review helpful. Tired of smoothies? Read this!  
By Raindance  
Great suggestions for smoothie burn-out!

Learn The Secrets to Making Delicious Smoothies Without Ruining Your Diet  
What if you could make delicious quick smoothies that you knew would actually help you lose weight? Imagine having the best ketogenic smoothies with all the nutrition info you need all in one book.  
Bestselling author Jeremy Stone will show you how you can make the best fat bomb drinks with this extensive guide on ketogenic smoothies. Based on his extensive knowledge of the Ketogenic Diet and his passion for sharing the very best information with readers, Stone reveals hard-won secrets to making healthy fat bomb smoothies that will help satisfy your sweet tooth and won't wreck your diet.  
In this book, you will learn:  
How to make over 60 smoothies recipes with full nutritional breakdown and full-colour pictures  
How to best incorporate smoothies into your diet and avoid mistakes  
What sweeteners are and why they are important to your diet  
What the best sweeteners are to use in a ketogenic diet  
How to make fat bomb smoothies from a wide variety of tastes; fruit, chocolate, coffee and dessert flavours  
How to make low carb vegetable smoothies to get all the nutrients you need  
BONUS: 30 Additional Ketogenic Recipes E-Book  
Start drinking smarter and get your copy today!

About the Author  
Hey it's Jeremy Stone coming from beautiful Toronto, Canada! I'm a fitness enthusiast who's extremely passionate about health. Nothing brings me more joy than helping others reach their maximum potential. Growing up I was not very athletic and was always a little overweight. This caused me self-esteem issues and depression. All of that changed when I got into health and fitness at the age of 16. I saw the tremendous benefits it made on my life and I have made it my life's goal to help others. Sometimes we can be our own worst enemies and all we need to do is get out of our own way! When I am not in the kitchen or writing a book, I'm usually cursing at the TV screen watching a Toronto sports team or spending time with my family. Make sure to follow me on Twitter @JeremyStoneEats