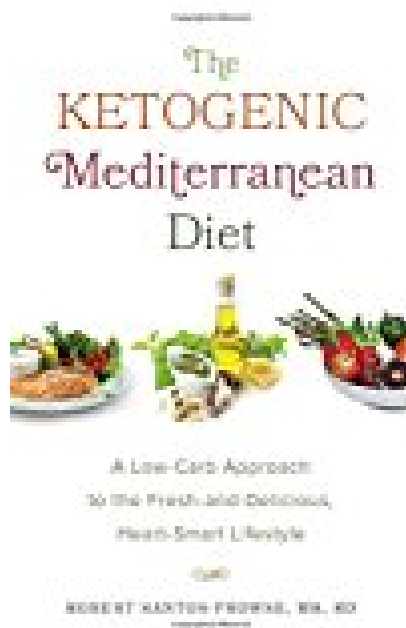


The Ketogenic Mediterranean Diet A Low-Carb Approach to the Fresh-and-Delicious Heart-Smart Lifestyle



BOOK DETAILS

- Author : Robert Santos-Prowse
- Pages : 192 Pages
- Publisher : Ulysses Press
- Language : English
- ISBN : 1612436412

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BOOK SYNOPSIS

COMBINE THE LOW-CARB, FAT-BURNING KETOGENIC DIET WITH THE DELICIOUS, HEART-SMART MEDITERRANEAN LIFESTYLE ULTIMATE HEALTHY EATING The heart-smart and brain-healthy Mediterranean diet offers you an easy-to-follow lifestyle for losing weight while enjoying crisp produce, freshly caught fish and healthy fats. Now, the innovative program in this book supercharges this time-tested diet by applying the scientifically proven fat-burning approach of the ketogenic diet. The Ketogenic Mediterranean Diet will help you: •Change the way your body uses energy •End your carb cravings •Dramatically reduce fat storage •Reduce your risk of heart disease and diabetes The recipes, tips and meal plans in this book will help you prepare delicious dishes like Tomato Basil Zucchini Pasta, Cloud Bread and Chocolate Mug Cake, all while losing weight and eating healthy.

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