



# **The Ketogenic Diet Cookbook for Beginners: Nutritious and Delicious Low-Carb, High-Fat Recipes for Weight Loss and Cancer Prevention**

*Emily Martin*

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The ketogenic diet is quickly becoming the most popular diet of 2016 because of its weight-loss and cancer-fighting properties. The ketogenic diet is high in healthy fats, supplies adequate protein, and is low in carbs, and it works by changing your body's primary form of metabolism to ketosis, which allows your body to burn fat cells as your primary form of energy. Because the diet is low in carbohydrates, it lowers glucose levels and improves insulin resistance. And cancer cells thrive on glucose, so the diet also works to prevent cancer.

In this cookbook, Emily Martin gives us a wide range of delicious recipes that will delight the whole family. There's something for everyone, from fresh, light snacks to wholesome, fulfilling entrees. You can start your journey to health and happiness now.

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