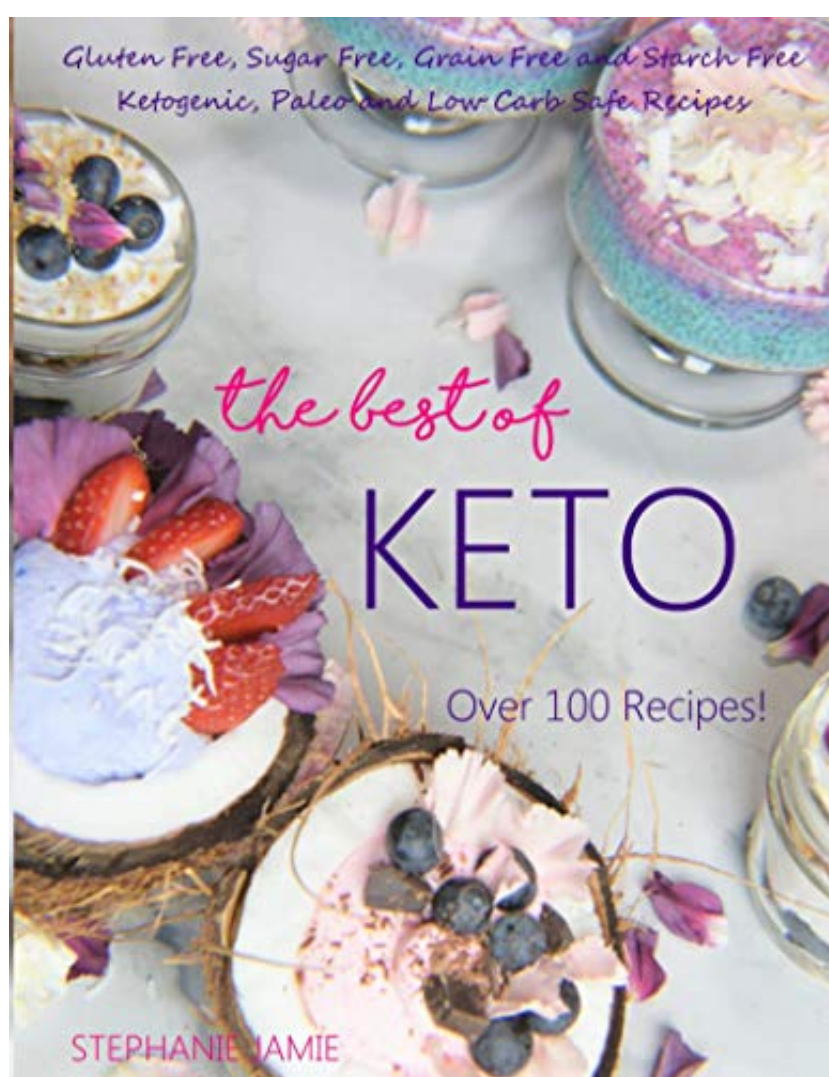


# The Best of Keto: Grain Free, Sugar Free, Gluten Free and Starch Free - Ketogenic, Paleo and Low Carb Safe Recipes

by

Stephanie Jamie



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## Synopsis

Become a keto culinary expert with over 100 of the BEST, new, ketogenic recipes by Author Stephanie Jamie who is an advanced keto enthusiast. These low carb, high fat and moderate protein foods are not only easy to make and delicious, they provide peace of mind knowing your diet won't be compromised because your macro nutrients are already listed for each recipe. Author Stephanie Jamie also shares her own journey overcoming her lifelong struggle with her weight, Polycystic Ovarian Syndrome, a fit lifestyle and reversing infertility to have her first child. In just 3 years, she has lost almost 100 pounds and reclaimed control over her health and well-being. Her recipes bring to life the best natural flavours and unique ideas the ketogenic world has to offer. In this book, you will also find a simple explanation of everything you need to know about keto as well as a seven day meal plan to get you started on your journey and find your own success. "The Best of Keto" is truly an inspiration for anyone who wants to change their own lives. What's Inside the book?- 7 Day Meal Plan to kick start your keto journey-Simply put, everything you need to know about keto-Over 100 new keto Recipes with macronutrients listed for each recipe-Tips for eating out and social gatherings- Learn about fasting and how it goes hand in hand with the keto way-Lists of keto approved foods -Tips and tricks that no other ketogenic book has, to make your recipes taste better.

## Sort review

About the Author Stephanie Jamie is a young entrepreneur who has worked in the fitness industry for over 13 years. She is an advocate for women who suffer from Polycystic Ovarian Syndrome. Early in 2015 she was diagnosed with PCOS. She has overcome all her PCOS symptoms, infertility and being a borderline diabetic with the keto diet. Stephanie has given birth to her miracle Keto baby and is continuing on her weight loss journey losing over a 100 pounds! She also coaches other people on the Ketogenic way of life and has helped changed many peoples lives as well as lose weight and fall pregnant after infertility. She is a keto food blogger on [www.thebestofketo.com](http://www.thebestofketo.com) and other social media platforms. Stephanie's goal in life is to inform and teach others looking to thrive in life about the ketogenic way, also to provide everyone with delicious foods and keto friendly recipes! --This text refers to the paperback edition.

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