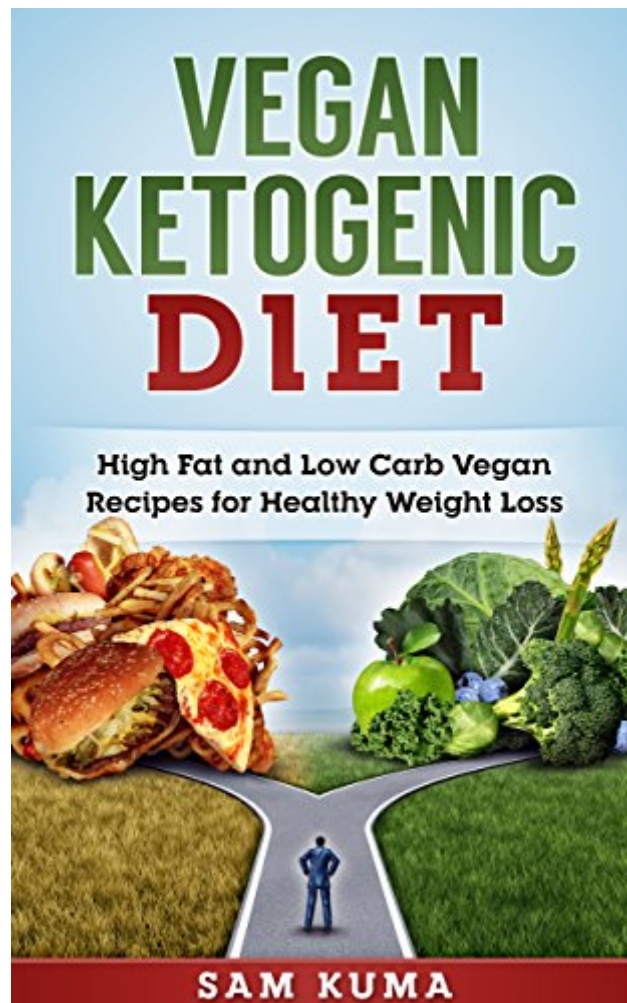


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# Vegan Ketogenic Diet: High Fat And Low Carb Vegan Recipes For Weight Loss (Vegetarian And Instant Pot Dairy Free Vegan Diet Recipes For Healthy Living And Weight Loss Book 1)





## Synopsis

Do you want to lose weight fast? Are you a vegan? Then the Vegan Ketogenic diet is perfect for you. Then Read Below The Ketogenic diet promotes consumption of fats that are good for the body while reducing the carbohydrate intake. Carbohydrates are required by the body to carry out day-to-day activities. However, a modern diet is so high-carb that not all of it gets used up in a day. The spare gets stored in the body in the form of fat. This fat can sometimes turn into visceral fat, which is difficult to loosen and eliminate. The result will be an obese body that is incapable of burning the excessive fat deposits. The Ketogenic diet aims at eliminating such a situation. It helps cut down on the carbohydrates that are converted to fat and promotes consumption of good fat that helps in breaking down the stored fat. There is widespread misconception that the Ketogenic is a meat-based diet. However, it can be modified to suit the tastes of both vegetarians and vegans. The Vegan Ketogenic diet promotes consumption of fresh fruits, vegetables and whole grains that are free from chemical processing. It strictly forbids consumption of junk and processed foods that are capable of filling up the body with toxins. Apart from weight loss, the ketogenic diet provides a whole host of other benefits that are great for the body. Some of these include fighting illnesses such as cancer and cardiovascular disease, enhancing skin and hair health, increasing energy and building a strong immunity. Here's what you'll learn: What is the Vegan Ketogenic Diet? Simple recipes that can be prepared by just about anyone Recipes that use simple ingredients that are easily available A delectable breakfast menu A lunch and dinner menu designed to suit a wide palate Simple breakfast recipes A comprehensive 15-day meal plan to get you started Learn How To Make These Delicious Recipes: Keto Protein Pancakes Cantaloupe Smoothie Chilled Avocado Soup Mock Tuna Salad Spicy Almonds Low Carb Pad Thai And much, much more! Scroll up and Download Now

## Book Information

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## Customer Reviews

The Vegan Ketogenic Diet e-book was not what I was expecting. The e-book consists of an actual diet plan including a lot of vegan recipes using coconut milk, coconut flour, avocados, and a lot of other very health ingredients. Recipes are simple to complex and cover beverages to desserts. If you are looking for some tasty recipes to add to your diet, whether you follow this plan or not, this e-book could be a great addition. The only true downside is the e-book can only be read with the Kobo viewer either on a compatible device or laptop. It is not compatible with Kindle devices and the laptop viewer is a challenge to use. For me this is a real problem as I use my smartphone and Kindle in the kitchen a lot. However, this review is about the e-book itself which has good recipes. You can find yours at:

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With a number of diets on the market today, it pays to research each one to see which will work the best for you. Sometimes it's a combination of diets and sometimes it's the perfect one for you. You need to know the terminology, also, so that you get a greater understanding of the diet. I am on a plant-based diet so I have eliminated cooking with oils. There are recipes in this book that call for olive oil but I can substitute applesauce or tahini for a smaller caloric content. But the Ketogenic Diet uses oils because it's they way their diet works. As with any diet plan, you can get bored of eating the same-old same-old foods. This book gives you some new ideas to make the food more pleasing to your palate. Sometimes it's just a little change of seasonings or method of cooking that makes the difference. This is a healthy diet and can be used to transition from a total high-fat eating lifestyle to one that is much healthier. You will possible lose weight and maintain the proper workings of your body to minimize the effects of poor eating habits. I recommend this book as one that will help you to eat well and live life better.

This book caters to a very unique niche- the Vegan Ketogenic diet. I have sometimes wondered if its possible to do a Keto diet as a vegetarian and this book shows that you can. However, it will be more challenging than it would be for a meat eater. The recipes look intriguing in here. I didn't try them out but I flipped through to see the variety. My biggest concern is the strange/rare ingredients listed on many of the recipes. I would not know where to find things like "hemp hearts". It would be helpful to see an explanation of where to find these things. However, if you can track down the ingredients, this could be a very valuable resource.

Another wonderful Vegan resource from Sam Kuma. This guy never disappoints! No matter what your needs are - whether you are a seasoned Vegan or just starting out - you need to check out all of his books. You won't regret it and your journey to a healthy Vegan life style will be much easier!!

Great recipes already tried some out, delicious

I loved this, more than a cook book. I'm not there yet, but these recipes are amazing. I feel you will love this book even if its just for taste.

There are some great recipes in this eBook ! My favorites are the deserts and smoothies... and there is a ton!!! I am not vegan , but was curious as to how one could eat a low carb diet while eating vegan. Most of the recipes are for 30 minutes or less from start to finish, and you may have to go out and buy some items that you are not familiar with. The chocolate pudding is to die for! like no really I have never seen a recipe quite like it and I was able to make it with just a few ingredients! The coconut coffee cup I was reading to my sister and we made it while we were on the phone with each other. It was different but really good. I have a lot of the ingredients already because I follow a low carb diet but I would suggest reading through the book making a list of the recipes you want to try and then making a shopping list.

This cookbook has unique recipes for someone looking to follow a low carb high protein / good fat diet. This book allows for someone who is Vegan to have recipes to fit their lifestyle or dieting aspirations. A person who has not been eating Vegan may have to stock their pantry with items that are not in a traditional pantry. Items such as psyllium husk powder, matcha powder, kelp powder, carob powder, coconut oil/flour/water/cream, almond flour/milk, ground flaxseed, greens powder(?),

hemp hearts, chia seeds, cacao nibs, Himalayan rock salt and sunflower seed butter. In some of the recipes (Buffalo 'potato wedges') it calls for butter, not vegan butter as stated in later recipes. The same goes for cream cheese. With that said, the recipes are easy to follow and the book is well laid out. I am not Vegan but have enjoyed the dishes and meals I prepared from the book. I believe in a ketogenic diet and have lost much weight following its mantra. I will keep this book on hand when looking for something healthy and different or when cooking for my vegan/vegetarian friends and family. Vegan Ketogenic Diet: High Fat and Low Carb Vegan Recipes for Weight Loss (Vegetarian and Instant Pot Dairy Free Vegan Diet Recipes for Healthy Living and Weight Loss Book 1)

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