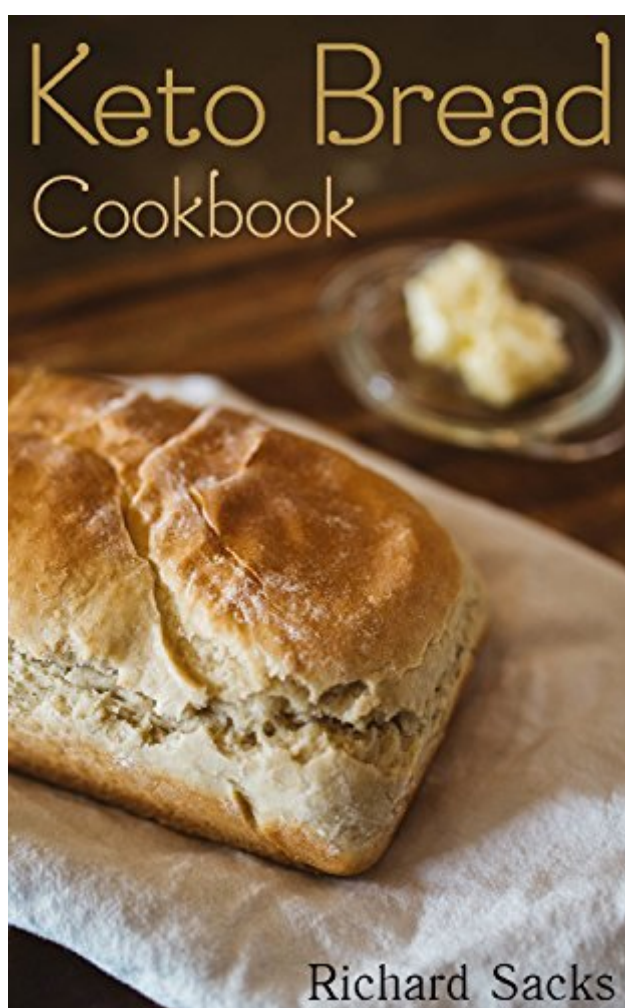


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Keto Bread Cookbook : (low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb Cookbook, Low Carb Recipes)



Synopsis

Getting Your FREE BonusDownload this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion.Keto Bread Cookbook(FREE Bonus Included)Everyone loves bread, but when you are on a specialty diet, bread is one of the first things to go. Whether you are gluten free, low carb, carb free, or paleo, it seems that bread just doesn't fit into the mix, leaving you with that lingering hunger for breads and muffins. It's frustrating when you try so hard to stick with your diet, but all you want is a slice of that warm bread with melted butter on top. But then you are faced with a choice. You must either stick with the diet you are on to reach the goals you want to achieve, or you break your diet and indulge in the bread, but are left with the guilt of having a cheat day or not reaching your goals as fast as you would like to. No matter how you look at it, you are stuck without bread, and forced to make all your meals work around this fact, whether you are enjoying it or not. And that's where this book comes in. In it, I am going to give you recipe after recipe for paleo, low carb and gluten free bread, meaning that you can still enjoy the same foods you used to enjoy, while sticking with your diet. Consider this the best of both worlds as you dive into the breads you have been missing, enjoying all of same foods you used to but still losing weight and reaching your goals. With this book, you really can have your bread and eat it, too. Enjoy all the freedom you once did while losing weight and feeling great, and you will reach your weight loss goals in no time. You know you've missed your bread, so let's get baking. Discover a variety of gluten free and low carb bread options Bake a variety of different kinds of breads Enjoy breads like you used to And more! Download your E book "Keto Bread Cookbook" by scrolling up and clicking "Buy Now with 1-Click" button!

Book Information

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Customer Reviews

Love the book and recipes. Was just hoping for the carb content of each of the breads. This will be great for my low carb diet

Lots of gluten free and paleo recipes, a couple of keto, not bad for free, I would be very disappointed if it had cost money.

This is a gluten-free bread cookbook and not a keto bread cookbook. Nearly every recipe calls for corn starch (and not in small amounts) or tapioca starch or even oats. Ketogenic diets are grain free-----not only gluten free. There is a huge gluten-free movement so this book would still appeal to a lot of people if marketed as what it actually is. There is no need to market it as something it is not.

I quickly went through this book looking at the recipes and they are not Keto at all! There are way too many carbs in these recipes and many of them call for potato starch. Very disappointing. Wish I could get my money back.

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