



Keto Living Cookbook 2: Lose Weight with 101 Yummy & Low Carb Ketogenic Savory and Sweet Snacks (Volume 2)

By Ella Coleman

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The Keto Living Cookbook 2 - a tasty new offering in the Keto Living series from accomplished cook, Ella Coleman.

Have your cake and eat it too, by joining the Keto community and staying in low carb ketosis.

Containing 101 delicious, easy-to-make sweet and savory snacks, this exciting new collection of recipes dispels the myth that a life without carbs means a life without fun foods or flavor.

The second in a series by Keto advocate Ella Coleman, the book was prompted by feedback from her followers to showcase tasty snack options that are still Keto-friendly.

With a little fun and creativity, combined with the right ingredients and instruction, you'll soon be making mouth-watering Ketogenic masterpieces that are a pleasure to the palate and perfectly suited to your goals.

This book will become a fail-safe in your arsenal of tools to stay in Ketosis. Lose the weight, and love reaching your goals with this fantastic cornucopia of recipes just waiting to be discovered in the Keto Living Cookbook 2.

From pizza to pancakes, muffins to meatballs, ice-cream and more...

The recipes you'll discover in the Keto Living Cookbook 2 are designed to satisfy a hunger yet leave you feeling curiously guilt free in the blissful aftermath.

Alongside this fantastic collection of scrumptious LCHF recipes are other useful tools including :-

- **A Comprehensive Guide to guilt free Keto-friendly Substitute Sweeteners** to use in your Keto cooking in place of sugar
- **Nutritional Information - Net Carbs, Protein and Fats Counted and Fat Percentages Calculated for Every Recipe**
- **Both US Standard and Metric measurements**, and temperatures in both Fahrenheit and Celcius

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Daniel Johnson:

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