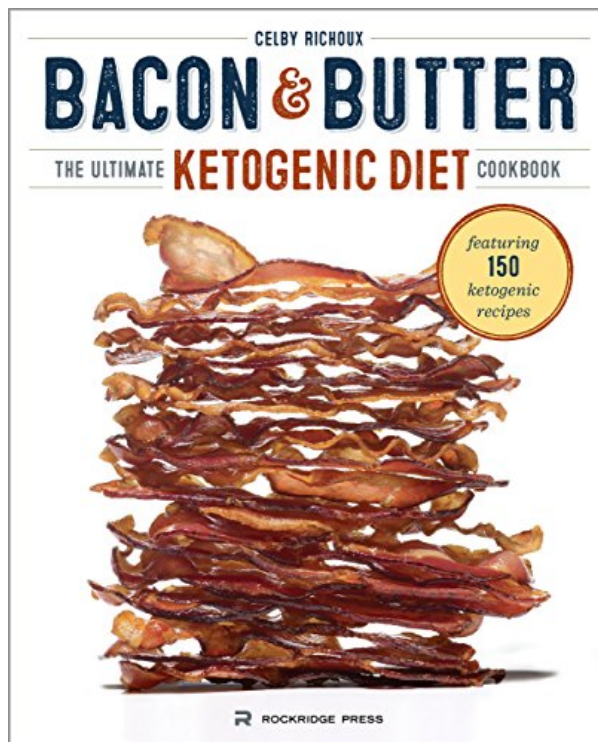


# Download Bacon & Butter: The Ultimate Ketogenic Diet Cookbook Online Book PDF by Celby Richoux



## Synopsis:

Finally, a cookbook and culinary counselor supporting your ketogenic diet.

Author Celby Richoux was overweight, exhausted, and moody. Then she discovered the ketogenic diet and watched the pounds melt away and the ailments vanish. In this fresh and engaging more-than-a-cookbook, Richoux shares firsthand experience, inventive ideas, and managing the transition to a ketogenic diet.

Unlike any other ketogenic diet book, Bacon & Butter combines keto facts with flavorful recipes to kick-start your keto lifestyle. Richoux serves up simple yet satisfying keto classics, like Bacon-Wrapped Jalapeño Chicken and Bacon Deviled Eggs, plus non-traditional takes like Baked Spaghetti (spoiler alert: this dish swaps noodles for spaghetti squash).

- Discover how to reap the benefits of the ketogenic diet, with:
- 150 sumptuous, easy-to-follow recipes
- Enlightening overviews explaining the ketogenic diet
- At-a-glance charts of keto-friendly foods

Keep your ketogenic diet on track—and your taste buds happy—with Bacon & Butter.

