



## True Keto Smoothies and Shakes: 40 Recipes by a Registered and Licensed Dietician That Are Low Carbs (Net), Hi Fat, with Varied Levels of Protein to Cater for All Protein Intake Requirements (Paperback)

By Howard Registered and Licensed Dietician

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Take the guess work out of your Keto diet and ensure your health with professional advice! If you need a really low carb snack or meal supplement for your Ketogenic diet from a source you can trust, then these smoothie recipes are right for you. All recipes have been developed by a practicing registered and licensed dietician, so you can rest assured they are true Keto recipes with precise nutritional values. This book contains 40 recipes broken down into chapters based on the number of net carbs in each recipe: under 4g carbs; 5-7g carbs; and 8-10g carbs. There is a varying range of protein grams, to cater for all lifestyles. All recipes come with precise nutritional analysis that includes total calories, fat, net carbohydrates and protein. A complete explanation of carbohydrate analysis is also provided. Ingredients used for these recipes include: -Super foods such as spinach, kale, chia seeds, blueberries and avocado -Stevia, a natural sweetener derived from the leaves of the plant species Stevia rebaudiana. -MCT Oil, (Medium-Chain Triglycerides), which is beneficial for those on the Ketogenic diet...

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