

The Easy 5-Ingredient Ketogenic Diet Cookbook: Low-Carb, High-Fat Recipes for Busy People on the Keto Diet

Keep up with keto on even your busiest days with *The Easy 5-Ingredient Ketogenic Diet Cookbook*

Finding quick and easy keto recipes that fit with your lifestyle and schedule can be difficult. That's why Jen Fisch, the blogger behind *Keto in The City* and a busy working mom, shares her favorite stress-free keto meals in *The Easy 5-Ingredient Ketogenic Diet Cookbook*. With 130 recipes that require no more than 5-ingredients, including many one-pot or 30-minute recipes, this cookbook offers a simple solution to keeping the ketogenic diet easy.

The Easy 5-Ingredient Ketogenic Diet Cookbook includes:

- 130 Recipes for keto-friendly breakfasts, lunches, dinners, and snacks
- 5-Ingredient Recipes for stress-free cooking
- One Pot Meals for fast prep and clean-up
- Time Saving for ready-made meals in 30-minutes or less

Ketogenic diet recipes include: BLT Breakfast Salad, Broccoli-Cheese Soup, Baked Zucchini Gratin, Garlic Butter Shrimp, Barbacoa Beef Roast, Berry Cheesecake Fat Bomb, and much more!

Stay on the ketogenic diet with these hassle-free recipes for hectic schedules.