

Healthy, Simple, and Delicious Recipes for Busy People on Ketogenic Diet

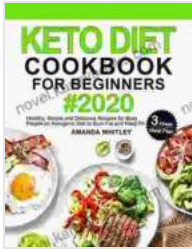
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- **Keto Scrambled Eggs with Bacon and Cheese:** A plate of scrambled eggs with bacon and cheese, garnished with fresh parsley.
- **Keto Smoothie with Berries and Spinach:** A glass of keto smoothie made with berries, spinach, and almond milk.
- **Keto Pancakes with Sugar-Free Syrup:** A plate of fluffy keto pancakes with sugar-free syrup.
- **Keto Breakfast Casserole:** A casserole dish filled with eggs, cheese, sausage, and vegetables.
- **Keto Egg Muffins with Ham and Cheese:** A muffin tin filled with egg muffins made with ham and cheese.
- **Keto Chicken Salad:** A bowl of keto chicken salad made with chicken, celery, onion, and mayonnaise.
- **Keto Tuna Salad:** A bowl of keto tuna salad made with tuna, celery, onion, and mayonnaise.
- **Keto Cobb Salad:** A salad bowl filled with lettuce, bacon, eggs, avocado, and blue cheese dressing.
- **Keto Taco Salad:** A salad bowl filled with lettuce, ground beef, cheese, and salsa.

- **Keto Soup with Vegetables and Meat:** A bowl of keto soup made with vegetables, meat, and broth.
- **Keto Grilled Salmon with Roasted Vegetables:** A plate of grilled salmon with roasted vegetables.
- **Keto Chicken Stir-Fry:** A plate of keto chicken stir-fry made with chicken, vegetables, and sauce.
- **Keto Pizza with Cauliflower Crust:** A pizza made with cauliflower crust, topped with cheese, sauce, and toppings.
- **Keto Lasagna:** A lasagna made with zucchini noodles, ground beef, cheese, and sauce.
- **Keto Shepherd's Pie:** A shepherd's pie made with ground beef, vegetables, and mashed cauliflower.
- **Keto Fat Bombs:** A plate of keto fat bombs made with coconut oil, almond butter, and cocoa powder.
- **Keto Trail Mix:** A bowl of keto trail mix made with nuts, seeds, and dried fruit.
- **Keto Beef Jerky:** A bag of keto beef jerky made with beef and spices.
- **Keto Cheese Sticks:** A plate of keto cheese sticks made with cheese and almond flour.
- **Keto Celery Sticks with Cream Cheese:** A plate of celery sticks with cream cheese.

**Keto Diet Cookbook For Beginners #2024: Healthy,
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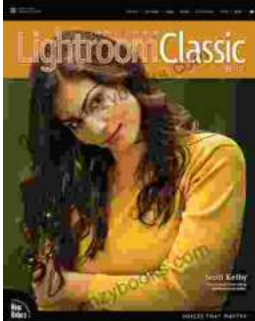


Ketogenic Diet with 3-Week Meal Plan to Burn Fat and

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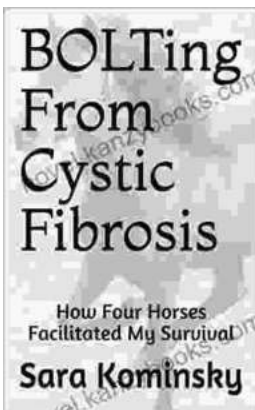
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