

Descargar libros gratis Keto Made Easy - Megha Barot DBSBOOK



Everything can be made keto! That's the message that food bloggers Matt Gaedke and Megha Barot want to deliver with their new book, "Keto Made Easy." No more missing out on classics or favorite dishes, no more added costs with exotic new ingredients--in "Keto Made Easy," Matt and Megha show you how to re-create non-keto recipes in easy, cost-effective, and delicious ways.

Recipes include:

- Crab Mac and Cheese
- Fish Tacos
- Chicken Alfredo
- Hush Puppies
- Chocolate Chip Cookies
- Navajo Fry Bread
- Gyros

- Skillet Pizza
- Yellow Curry

"Keto Made Easy" is on a mission to demonstrate to readers that every meal can be low-carb, satisfying, and great for the whole family.

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