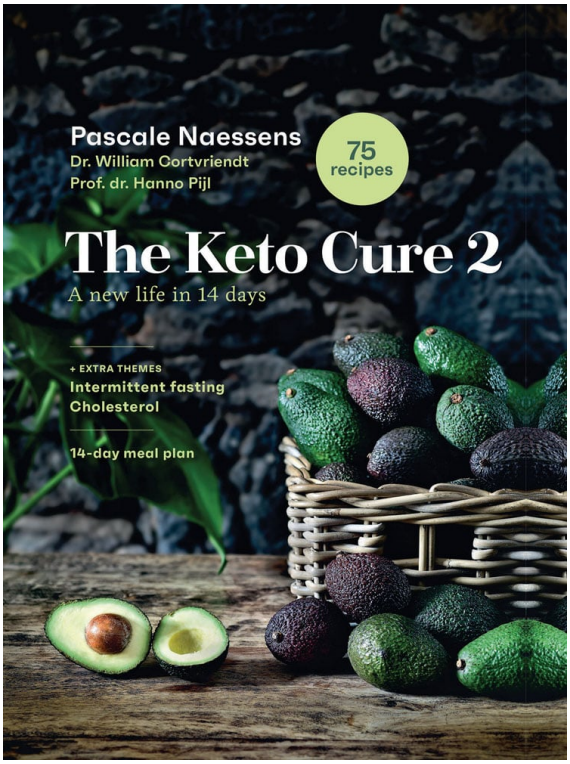
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The Keto Cure 2

A New Life in 14 Days

Pascale Naessens

William Cortvriendt

Hanno Pijl

ISBN	9789401482233
Publisher	Lannoo Publishers
Binding	Hardback
Territory	World excluding Belgium, The Netherlands, France, Switzerland & Scandinavia
Size	250 mm x 200 mm
Pages	224 Pages
Illustrations	190 color
Price	£25.00

- In-depth explanation of the keto diet by experts combined with a complete 14-day meal plan
- 75 delicious recipes prepared with natural wholefood ingredients and plenty of vegetables
- Extra themes include intermittent fasting and cholesterol

The Keto Cure 1 is one of Belgium's best-selling cookbooks. Pascale Naessens believes that this book owes its success to the fact that keto really does work. Most people following a keto diet lose weight – without going hungry – while still eating delicious food. ***The Keto Cure 2*** takes this theme further: why do you lose weight? How does it work? What role do fats play, and how much fat are we allowed to eat? Topics such as saturated fats, cholesterol, intermittent fasting and time-restricted eating are also discussed in depth by experts. In the second part of the book, you can put the theory into practice. You will find a complete 14-day meal plan plus additional recipes: a total of 75 delicious recipes prepared with natural wholefood ingredients and plenty of vegetables. And you can still enjoy these tasty low-carb recipes even if you're not following a keto diet.

From **Pascale Naessens'** keto-friendly kitchen, she shares her vision of the ketogenic diet cure and explains what it is and for whom it works best. There are contributions from two healthcare experts: **Dr. Hanno Pijl** and **Dr. William Cortvriendt**.







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