



# **Ketogenic Diet Cooking For One: Easy Recipes For One, That Makes Cooking Healthy For Yourself Simple**

*Ashley Peters*

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Discover These Amazingly Quick & Easy Ketogenic Diet Cooking For One Recipes! As anyone who has ever lived or cooked alone knows, it can be a nightmare trying to figure out what to make at night. Many times, the recipes that you search for are tailored to a set amount of people and serving sizes to feed at least four people. While you could theoretically divide the ingredient amounts by four, sometimes this does not produce the results you want, and therefore your dish can be ruined because of improper calculations. And while you might calculate properly, sometimes the inspiration to cook a full meal just isn't there if you know that you are only cooking for one. With Ketogenic Diet Cooking For One, you no longer have to put any guesswork into your cooking; all of the recipes that you will encounter in this book are already prepped and calculated for you. All you have to do is choose the recipes that interest you the most, purchase the ingredients, and get in the kitchen to create your dish! No matter what the occasion is – whether you have some time to yourself to cook a nice meal or you are in a rush to get out of the house and need a quick dish to prepare – this book has everything that you are looking for. Check out the amazing recipes below! • Ketogenic Scrambled Eggs For One • Ketogenic Chocolate Chia Pudding For One • Ketogenic Egg White Omelet For One • Ketogenic Deli Roll-Ups For One • Ketogenic Hamburger on a Stick • Ketogenic Indian Butter Chicken For One • Ketogenic Portobello Pizza For One • MUCH MUCH MORE! Eat well and Stress-Free with Ketogenic Diet Cooking For One: Easy Recipes For One, That Makes Cooking Healthy For Yourself Simple

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