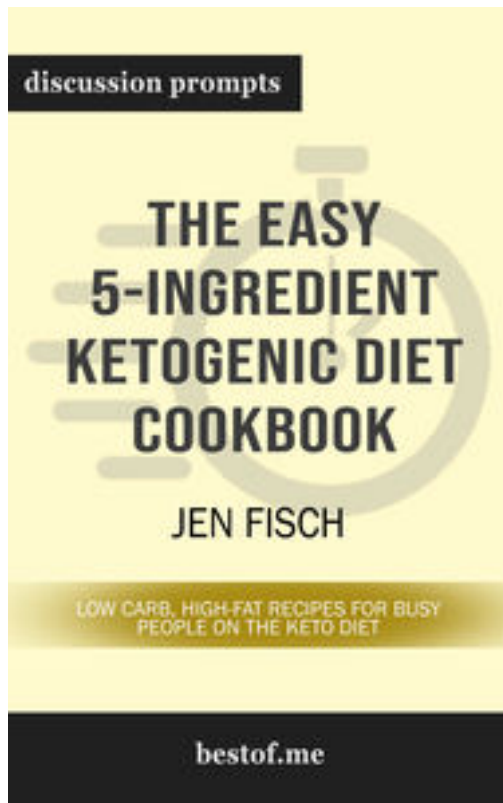


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"The ketogenic diet can be successfully achieved through following its principles of eating low-carb and high-fat foods. The promise of the ketogenic diet is that the recipes are easy and enjoyable. However, it can get challenging when the business of life gets in the way. Jen Fisch knows what it feels like as a busy working mom. That is why she started creating quick and easy ketogenic diet recipes that she and her family can enjoy. She lets us in their mealtimes and shares these recipes on her popular blog on the ketogenic diet Keto in The City. Through her new book The Easy 5-Ingredient Ketogenic Diet Cookbook, Jen Fisch's simple and easy ketogenic diet recipes will surely help you achieve the results that you want no matter how busy your life

gets."

In this comprehensive look into The Easy 5-Ingredient Ketogenic Diet Cookbook: Low-Carb, High-Fat Recipes for Busy People on the Keto Diet by Jen Fisch, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following:

Discussion aid which includes a wealth of prompts and information

Overall plot synopsis and author biography

Thought-provoking discussion questions for a deeper examination

Creative exercises to foster alternate "if this was you" discussions

And more!

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