



Ketogenic Breakfast Recipes: Ketogenic Diet Breakfast Recipes For Weight Loss (Ketogenic Diet Cookbook)

Terry Hamilton

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High carbohydrate foods are everywhere, which makes the cravings even harder to overcome. Eating the high-sugar, refined starch foods will feed your cravings and create more, much like a drug habit. In fact, high levels of carbohydrates produce high levels of the brain chemical serotonin, which is the chemical found in Prozac and other anti-depressants. So eating high levels of carbohydrates is self-medicating. People with low levels of serotonin are prone to using carbohydrates like a drug.

If you are trying to cut carbs out of your life it can be extremely difficult. These recipes are all low in carbs, and the best part is you won't even notice. I have been on the ketogenic diet for many years now, and it was hard when I first started this diet. But I stuck with this diet and have seen great results! I want to share with you my favorite ketogenic diet breakfast recipes with you.

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