

Budget-Friendly Keto on a Tight Budget: Real Food, Real Savings

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PREVIEW

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Introduction

Eating keto doesn't have to drain your wallet. This cookbook proves that low-carb, high-fat eating works beautifully with affordable, everyday ingredients you can find at any grocery store.

Whether you're new to keto or looking to stretch your food budget further, these recipes show you how to build satisfying meals around eggs, ground meat, canned fish, and seasonal produce.

The recipes in this book skip the expensive specialty products and trendy keto brands. Instead, they focus on whole foods—the kind that have always been affordable and always will be. You'll find main courses that feed a family for under ten dollars, desserts that satisfy without guilt, and beverages that cost pennies per serving.

Keto eating is about choosing foods that keep you satisfied and energized. This collection brings that approach to the table with straightforward recipes, honest ingredient lists, and no pretense. Every recipe here was designed with your budget and your kitchen in mind.

Itu Saja Preview-nya

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