



Ketogenic Breakfast Cookbook: Quick & Easy for Weekdays / Brunch for Weekends

Elizabeth Jane

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Breakfast is the Most Important KETO Meal of the Day! Never Miss Breakfast Again With The Ultimate Breakfast Ketogenic Cookbook

Fuel Your Weekday With 25 Quick & Easy Breakfasts and Take Your Time Over 25 Delicious Brunch Recipes at the Weekend

Free Bonus - 10 Keto Smoothie Recipes

Breakfast is the most important meal of the day, but usually the most boring.

On a weekday, try something new that is still quick and easy... or you can make it the night before!

On the weekend, when you have more time, enjoy a Keto brunch and relax.

Quick & Easy Weekday Recipes:

- High Protein Pancakes
- Buffalo Blue Cheese Omelet
- Bacon and Egg Fat Bombs
- Spinach and Cheddar Scrambled Eggs
- Chocolate Strawberry Protein Smoothie
- Mocha Chia Pudding
- Pumpkin Spice Muffins
- Almond Flour Pancakes

- Warm Grain Free Cereal

Weekend/Brunch Recipes:

- Cheddar and Green Onion Soufflé
- Eggs Benedict (with a Protein Bun)
- Kale, Ricotta, and Sausage Pie
- Santa Fe Frittata
- Italian Breakfast Casserole
- Zucchini and Bacon Egg Bake
- Breakfast Stuffed Peppers
- Cheesy Spinach and Mushroom Quiche
- Ham and Cheese Fritters
- Chicken and Mushroom Cream Crepes

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Erma Carver:

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Melanie Ratcliff:

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