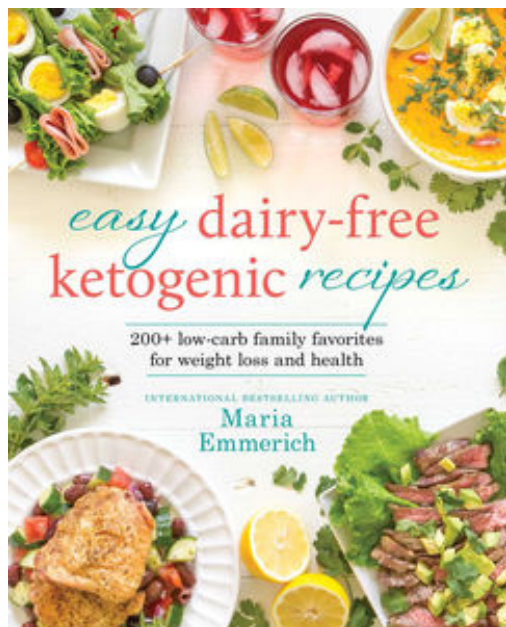


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People with...

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**Easy Dairy-Free Ketogenic Recipes Download Online eBook Maria Emmerich Free eBook PDF/ePub/Mobi/Mp3/Txt**, Although the ketogenic diet can be a healthy and satisfying diet for everyone, modifying it around other dietary restrictions can be challenging. People with dairy intolerances or allergies often struggle to adapt keto recipes, many of which rely on dairy staples like butter, heavy cream, and cream cheese. And good dairy-free alternatives can be hard to come by.

Maria Emmerich solves that problem with her latest book, "Easy Dairy-Free Keto". Maria has been advising her clients to avoid dairy, at least during the initial stages of their foray into ketosis, for many years. She finds that even high-fat dairy products can stall weight loss and healing. That's why she set out to create an entire book of recipes that are safe for people

who are avoiding dairy. With Maria's delicious high-fat, low-carb recipes, dairy-free keto home cooks will never feel like they are missing out. Those recipes include:

- Almost Deviled Eggs
- Snickerdoodle Mini-Muffins
- Super Keto Pancakes
- Curry Chicken Meatballs
- Paella
- Broth Fondue
- Avocado Salmon Ceviche
- Juicy Pork Loin
- Avocado Toast
- Mint Chip Gelato
- Banana Bread

And much more! Maria has gone out of her way to create an entire book of keto recipes that will appeal to everyone, whether they consume dairy or not. With over 175 recipes, multiple meal plans catering to many different dietary needs and allergies and including AIP and vegetarian meal plans, "Easy Dairy-Free Keto" strives to be the book that reaches the entire keto audience and becomes a staple in your keto kitchen.

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