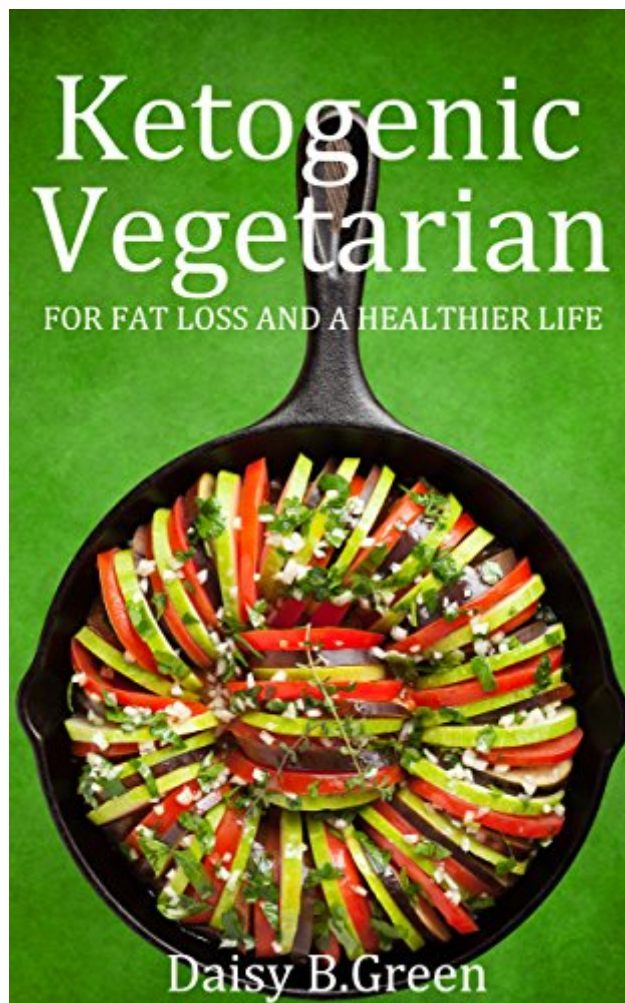




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Ketogenic Vegetarian: For Fat Loss And A Healthier Life



Synopsis

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File Size: 4226 KB

Print Length: 136 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 3, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01N1YRNL9

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #238,408 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

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Customer Reviews

Edit much??? I couldn't get to the information without encountering massive amounts of typos. It was a TOTAL turn off. If I make it through the book, I'll update my review.

from the book" Being vegetarian meat intake has to be cut down too." Besides being poorly written with plenty of grammatical errors, I don't know of any vegetarians that eat meat let alone" cut down on the intake."I was looking for healthy keto recipes, but found a book laden with recipes calling for liquid Stevia, sugar free bbq sauce, low fat sour cream, skim milk. If you are truly looking for a keto recipe cookbook, keep looking.....

This book was a huge disappointment. Some of the recipes are repeated with just one spice being altered. The grammar mistakes and typos were endless! The cover looks professional but the interior is no. I do not recommend this book.

I'm glad I got this for free with Kindle Unlimited. I didn't get beyond the introduction b/c it needs some serious editing. It reads like the author's first language is not English. Which is ok... but if you're going to self publish to English speaking audiences, it may be best to have someone edit it for you. Especially if the book is intended to instruct/educate rather than just entertain.

As other reviewers have pointed out, vegetarians who read this book can learn from author "Daisy B.Green" (seriously?) that they really need to eat less meat. A simple read of the promotional copy on the page and a look inside at the introduction and chapter titles reveals that this book was written by a non native English speaker without any real editing. Also suspicious, most of the reviews (just look at the headlines) are also written by non native English speakers. The "publish your own Kindle book" trend is beginning to impact the quality of 's printed books, too, it appears. Appalling. needs to start taking more responsibility for their wares.

Dreadful; there were so many typos on the first page, it was impossible to read. So disappointed.

I haven't even read the book... I just can't get over how most of the reviews seem to be written by the same person! Same format, many errors in spelling & syntax...maybe written by a non-English speaker??? And the legit reviews note many spelling errors also. Just weird...

Ketogenic diet is one of the best diet. I am practising it for a year now and I have seems to be healthy and energetic. This new ketogenic diet is little different from my other books, its comes with some vegetarian diet. This amazing ketogenic vegetarian book will give you an absolute body change over without any supplements , workout or high priced ineffective fat loss pills. You will know the basic knowledge of ketogenic diet , the benefits of keto diet and the benefits of being a vegetarian through this book. This book also provide some good tasty vegetarian recipes which are so easy to prepare. I have some good time with this diet book. Everyone needed to try this book once.

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