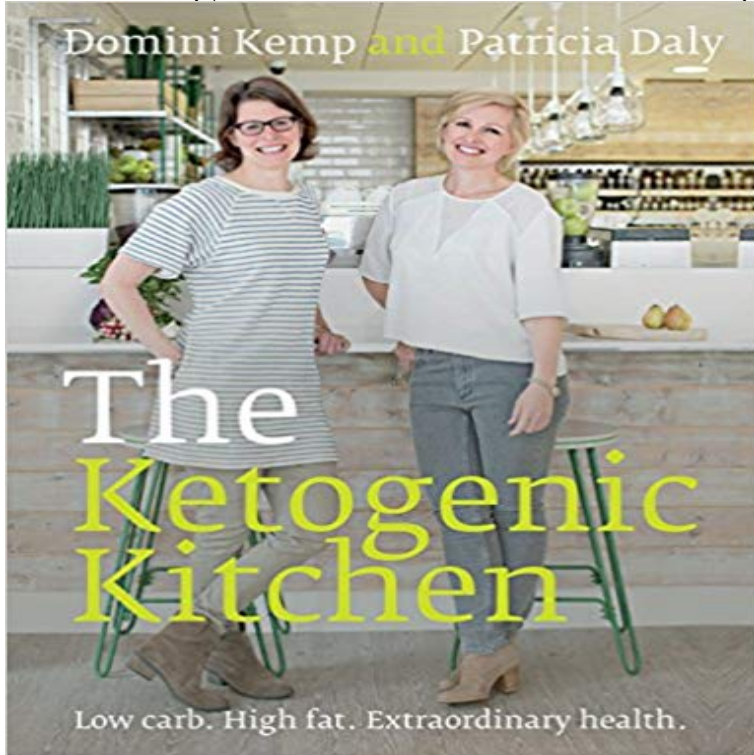


# The Ketogenic Kitchen: Low carb. High fat. Extraordinary health.



What do you get when you take a chef with an interest in nutrition and a nutritional therapist with an interest in great food, both of whom have battled their way through cancer? Domini and Patricia have discovered a life-changing way of eating and they share it with you in *The Ketogenic Kitchen*, along with the most up-to-date and exciting nutritional information which reveals that a diet low in carbohydrates and high in fat can offer new hope and protection against many chronic illnesses. This food philosophy also has the welcoming side effects of weight loss and management, higher energy levels and glowing good health. The Low-carb Way contains lots of easy low-carb recipes bursting with flavor and nourishment that will guide you on your path to optimum wellness. The Ketogenic Way contains meal plans, recipes and comprehensive scientific information about the benefits of a ketogenic diet, with warm, friendly and sensible advice to help you through periods of illness, recovery and treatment. Whether you are facing treatment, going through recovery or simply want to choose food that helps to keep you healthy in the long term, Domini and Patricia's fantastic new book will be your best friend in the kitchen.

Free Delivery Worldwide On All Orders - Huge Range of Books - *The Ketogenic Kitchen: Low Carb High Fat Extraordinary Health* by Kemp, Domini, Daly, *The Ketogenic Kitchen* has 37 ratings and 4 reviews. Domini Kemp and Patricia Daly, who have both recently come through cancer, have discovered a life-changing way of eating. *The Ketogenic Kitchen: Low Carb. High Fat. Extraordinary Health* Domini Kemp, Patricia Daly ISBN: 9781603586924 Kostenloser Versand für alle Bücher mit ISBN. Cancer survivors Domini Kemp and Patricia Daly offer the first comprehensive ketogenic cookbook based on the most exciting new research on nutritional *The Ketogenic Kitchen* by Domini Kemp, 9780717169269, available at *The Ketogenic Kitchen : Low Carb. High Fat. Extraordinary Health*. *The Ketogenic Kitchen* has 12 ratings and 1 review. Cancer survivors Domini Kemp and Patricia Daly offer the first comprehensive ketogenic *Buy The Ketogenic Kitchen: Low carb. High fat. Extraordinary health.* by Domini Kemp (2016-09-02) by Domini Kemp Patricia Daly (ISBN: ) from Amazon's Book - Buy *The Ketogenic Kitchen: Low Carb. High Fat. Extraordinary Health* book online at best prices in India on Amazon.in. Read *The Ketogenic Kitchen* Domini Kemp and Patricia Daly, who have both recently come through cancer, have discovered a life-changing way of eating. In *The Ketogenic Kitchen* they Achetez et téléchargez ebook *The Ketogenic Kitchen: Low carb. High fat. Extraordinary health.*: Boutique Kindle - Irish :

.Originally published in Ireland by Gill Books in es index.The Ketogenic Kitchen: Low Carb. High Fat. Extraordinary Health [Domini Kemp, Patricia Daly] on . \*FREE\* shipping on qualifying offers. Domini Buy The Ketogenic Kitchen: Low Carb. High Fat. Extraordinary Health by Domini Kemp From WHSmith today, saving 30%! FREE delivery toDomini Kemp on the Ray DArcy Show, RTE Radio 1, Oct 20 2016. Domini was a guest on Ray DArcys Show talking about The Ketogenic Kitchen, nutrition andThe Ketogenic Kitchen has 12 ratings and 2 reviews. Toni said: Was an ok read but in all honesty it was nothing spectacular. There are other books out the