

H. TITLE INFORMATION

KETO QUICK!

by Dinah Stricker

CONTENT:

After describing how she successfully lost weight by turning towards a ketogenic way of nutrition in her first book (more than 4,000 copies sold) – and, what is even more, thus changed her complete attitude towards life! - author Dinah Stricker now presents a new volume featuring fantastic new recipes which are easily prepared in no more than 15 minutes!

Besides savory meat dishes she also displays various vegetarian recipes just like crispy tarte flambee, Mediterranean veggie bowls or viscid risotto made with chanterelle, not to mention delicious desserts.

Reading this book, there can be no more doubt that it is just that easy to change your dietary habits effectively!

Dinah Stricker is a sports addict since her early childhood; she was an ice hockey goal keeper in Germany and Canada, and graduated as a Bachelor of Science in Human Kinetics from Ottawa university. She works as a fitness trainer since 2009, loves gardening and cooking.

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SPECIFICATIONS:

- 144 pages
- many colour photographs
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- retail price: € 22.00
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