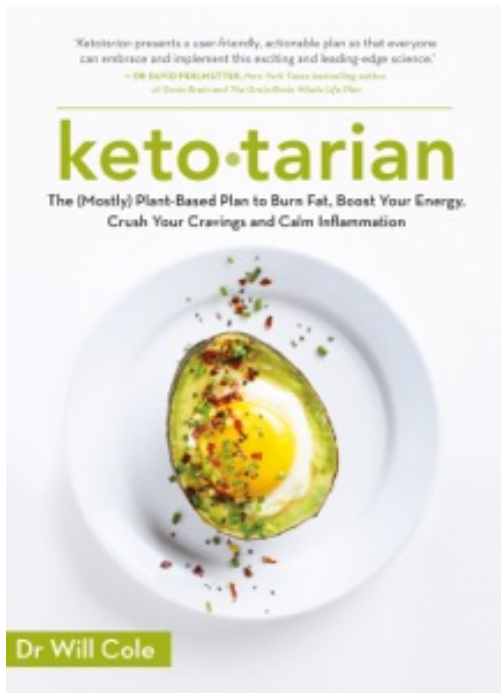


# Download Online Boek Nederlands Ketotarian - Will Cole



**Download online boek Nederlands Ketotarian Will Cole ,** In short, the ketogenic diet kick-starts your body's metabolism, by burning fat and ketones, instead of sugar, as its primary fuel - however, most keto diets are packed with meat and dairy - which often creates a whole host of other issues - especially for those trying to get more plants and green goodness onto their plates (and less bacon).

Enter *Ketotarian* - Dr Will Cole's revolutionary programme that offers a fresh, modern twist on keto by harnessing the same fat-burning power, but with the nutritious, delicious benefits of a mostly plant-based plate. It includes 75 recipes that are veggie, vegan and pescatarian, a four-week meal plan and lots of practical tips that will help you on your journey to optimum health, renewed energy and improved brain function.

**Let the *Ketotarian* revolution begin!**

'This important book artfully expands access to the powerfully beneficial ketogenic diet. Shifting the body's fuel from sugar to fat is immensely powerful and optimises health. *Ketotarian* presents a user-friendly, actionable plan so that everyone can embrace and implement this exciting and leading-edge science.'

**- Dr David Perlmutter, *New York Times* bestselling author of *Grain Brain* and *The Grain Brain Whole Life Plan***

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