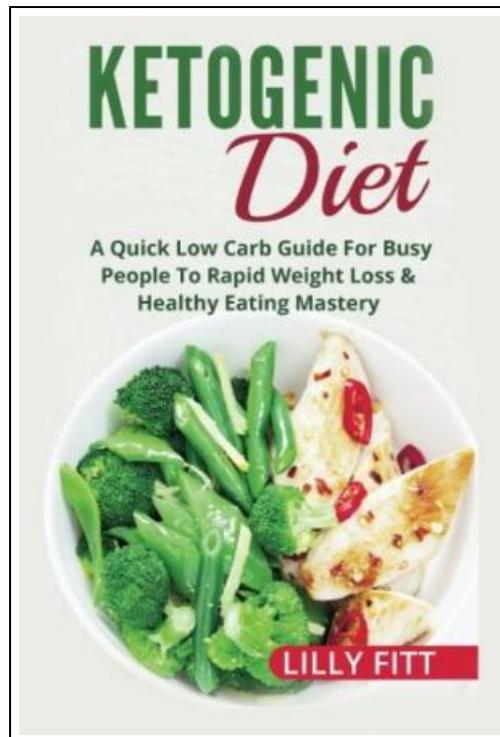


Ketogenic Diet: A Quick Low Carb Guide for Busy People to Rapid Weight Loss Healthy Eating Mastery (Paperback)



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Reviews

*Very helpful to any or all category of men and women. It is definitely simplified but unexpected situations within the 50 % of your publication. I am very easily could possibly get a pleasure of reading a composed ebook.
(Dr. Therese Hartmann Sr.)*

KETOGENIC DIET: A QUICK LOW CARB GUIDE FOR BUSY PEOPLE TO RAPID WEIGHT LOSS HEALTHY EATING MASTERY (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.THE BRAND NEW, QUICK + SIMPLE KETOGENIC COOKBOOK GUIDE FOR EVERYONE! Ketogenic is a diet that more and more nutritionists suggest, as it does not only help with weight loss, but also offers great benefits against cancer, diabetes, Alzheimer s disease and epilepsy. In other words, this diet is a proven method for successful weight loss, but it does not only fight obesity - which is becoming one of the major reasons for a number of health issues - but is also associated with a number of other diseases. More than 20 studies prove that Ketogenic Diet has amazing and long lasting results in weight loss and overall health improvement. This diet is also termed as Keto. It focuses on increasing high-fat content together with reducing the carb intake. For this reason, it is also sometimes confused with low-carb and Atkins diets. Ketogenic diet, basically, involves reducing the consumption of carbohydrates drastically and replacing that with fat. The sudden change in your eating pattern will put your body into a metabolic state known as ketosis. In This Book You Will Learn: What Ketogenic Diet Really Is And How Can It Help You Lose WeightAll The General Guidelines Rules + How To Plan Out Your Very Own Shopping ListQuick Tips And Tricks For EveryoneEverything A Beginner Needs To KnowWhat An Ideal Ketogenic Meal Plan Should Look LikePlus 45++ Scrumptious Quick Recipes To Help You Get Started, Including Snacks, Desserts Beverages That Will Blow Your Mind!And Much, much more content! This book will help you discover what Ketogenic Diet is all about. And if being busy is your main reason not to follow a healthy lifestyle and achieve your fitness goals, I guess...

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