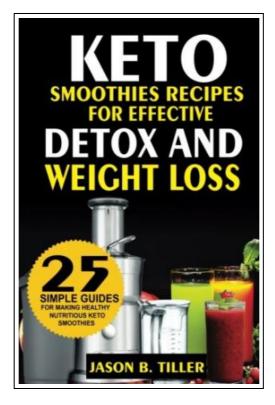
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25 KETO SMOOTHIE RECIPES: FOR EFFECTIVE DETOX AND WEIGHT LOSS (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******* As you are reading these words, it is quite evident that you hold your health in high esteem. We all want to be in tip-top shape all the time and maximizing the nutrients we consume is a primary concern. You just don't have to eat to have enough calories to get through your day, and it is about time that you get the best out of what you take in to begin to blossom. There are quite some ways that a ketogenic smoothie comes to help you maximize your daily nutrient intake. You get filled with healthy nutrients rather than carbs that have only a temporary effect. The fats and protein contained in the smoothies increase the amount of energy you burn thus an increased metabolic rate. Your body muscles and organs also benefit from the protein composition as it is vital to bodybuilding. The advantages of consuming a keto smoothie daily cannot be overestimated. You perform at optimum levels, look and feel good at all times. You don't have to go through the torture of starving or eating tasteless and bland foods just to achieve healthy weight loss. Eat some great keto diets to get you into ketosis. Get your hands on some keto recipe cookbooks to accompany you on this journey. This book contains straightforward ways of getting your keto smoothie ready in a few minutes at any time of the day. There is no fixed time or place for you to gulp some healthy tasty smoothies. Get this book to Learn how to make healthy nutritious keto smoothies. Shed excess weight Enjoy your weight loss program Detox with ease Scroll up and click buy now to get...



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