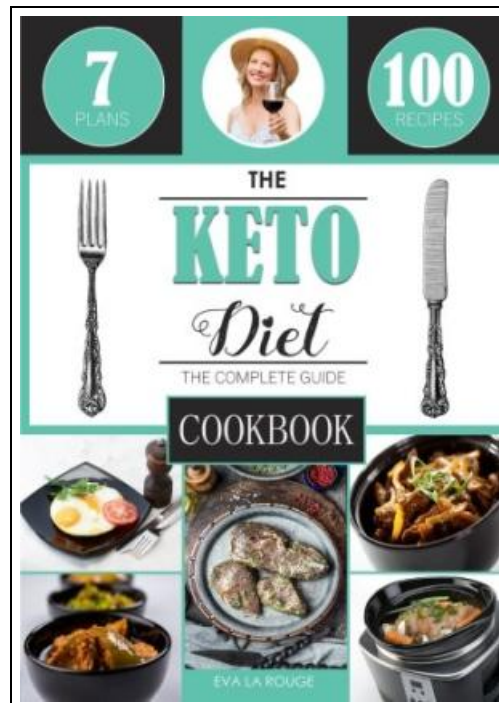


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Reviews

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Have you failed losing weight? Are you tired of fad diets? Are you in a constant battle between your hips and lips? Do you want to shed those extra pounds and be that confident, healthy and youthful person you see in the mirror? Maybe you just don't have the confidence or know how to achieve your weight loss goals? Fear no more! Eva La Rouge is the author behind The Keto Diet: To Drink or not to Drink? In her second book, The Keto Diet: The Complete Cookbook Guide, Eva brings her hand-crafted cookbook to your table. With over 100 specially selected recipes, The Keto Diet takes on a stylish design that will allow you to optimize your weight loss and reach your weight loss goals more quickly and healthily than before. Scientific studies show the benefits of a ketogenic diet for losing weight, reducing the risk of heart disease and diabetes, improving insulin resistance, reducing stress and improving your overall health and well-being. The Keto Diet does away with the misconceptions that high fat is bad, and shows you how to optimize your weight loss and enjoy your recipes on the Keto diet. Each recipe is hand selected from thousands of Eva's students to ensure that it has the optimum ratios of carbohydrates, proteins and fats for the Keto diet. With a stylish and easy to follow design, The Keto Diet: The Complete Cookbook Guide takes on a user-friendly design. Each recipe gives metric and imperial measurements, nutritional information, keto ratios, cooking times, and stars to indicate cooking difficulty. By selecting these recipes, you not only get to taste the very best the Keto diet has to offer, but...

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