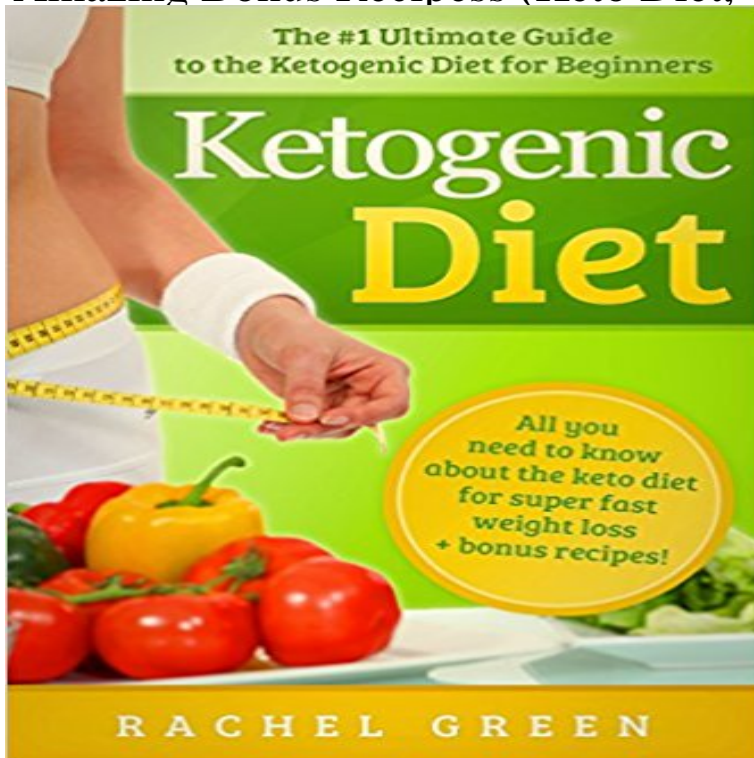


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## Ketogenic Diet: The #1 ultimate guide to the ketogenic diet for beginners - All you need to know about the keto diet for super-fast weight loss + Amazing Bonus Recipess (Keto Diet, Weight Loss,)



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\*This book was written to help YOU!\*If youve been trying to lose weight for some time now, you may have probably come across the KETOGENIC DIET. But do you really know exactly what its about? As you may probably know, I am so passionate about helping people reach their weight loss goals.so many people tell me theyve tried everything you can think of to lose their excess weight but it Just wasnt working or it wasnt for them.. If YOU are one of those people, here is the good news. ketogenic diet could be the perfect fit for you. It has helped Millions lose weight, become fitter and live healthier lives.This book will take you through the essential of the Ketogenic diet and teach you everything you need to know to get started!As a special bonus for you, this book also has amazing recipes to get you started on your weight loss journey - the recipes are simple, easy to make and delicious. They come with a list of ingredients and directions!No need to skip meals or just take cabbage soup to lose weight; you can still lose weight and eat amazing meals too.Losing weight has never been this EASY!Here Is A Preview Of What You will learn when you invest in this book:. Who shouldnt go on the ketogenic diet. How to begin your ketogenic diet. 9 Success tips for you to get started. 6 Easy, Fantastic tasting Keto Recipes. 3 Great Ketogenic diet recipes. How low carb ketogenic diets can be therapeutic for brain issues. And so much more.....Download your copy today - Simply scroll up and click the buy now

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Very easy to follow and well explained. **Ketogenic Diet: The Ultimate Guide to Ketogenic Diet and How to** Ketogenic Diet for Ultimate Weight Loss: More Delicious Recipes to Lose Belly Fat Fast! [ ketogenic diet plan, ketogenic menu, ketogenic recipes, low carb diet, Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **\*\*BONUS\*\* 30** . Author has done amazing job of collecting all the wonderful Keto recipes which **Ketogenic Diet Recipes: 42 Delicious Ketogenic Diet - Amazon UK** The ketogenic diet (keto) is a low-carb, high-fat diet that causes weight loss and Over 20 studies show that this type of diet can help you lose weight and improve health (1). This article is a detailed beginners guide to the ketogenic diet. Standard ketogenic diet (SKD): This is a very low-carb, moderate-protein and **Ketogenic Diet: How to use Ketosis to Lose Weight, Increase Mental** Cholesterol 101, Low Cholesterol Guide, ) - Kindle edition by James P. Kaplan. 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