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Keto Diet: 105 Best and Fastest Recipes Keto Lifestyle (Paperback)

By Pierre Berlioz

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Following the ketogenic diet are starting is never as simple as it sounds. Therefore, we present you this wonderful book KETO, with the best recipes rapid weight loss and meal plans. Key into keto and learn how good it can feel to lose weight and lead a healthy lifestyle with ketosis diet for Beginners cookbook. A diet high in natural healthy fats can help your body burn fat. When you get more of your calories from healthy fats and reduce carbohydrates, you will start burning fat. The Complete Keto diet plan cookbook contains: Keto diet menu: Breakfast Recipes, Dinner Recipes, Lunch Recipes, Salad Recipes, Soup Recipes, Dessert Recipes, Snack Recipes, Smoothie Recipes. 105 Easy to Follow Recipes main ingredients 3 Types of ketogenic diets: Standard Ketogenic Diet Targeted Ketogenic Diet Cyclical Ketogenic Diet A Complete Overview explaining the fundamentals of the ketogenic diet and advice for living the keto-lifestyle And also we will talk about: Preparation method and Nutritional information. The Medical Community is proven as a healthy and effective way to achieve weight loss, because it consists of foods low in...



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