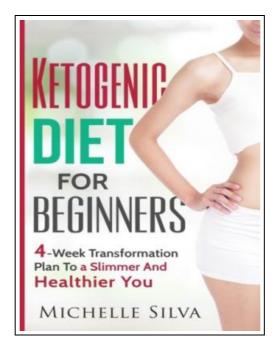
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 4-Week Transformation Plan to A Slimmer and Healthier New Body with the Ketogenic Diet INCLUDES BONUS FOR ALL READERS IN THE BOOK!!! Ketogenic diet will take you above and beyond typical results and propel you into a new realm of total body health. If you want to look and feel the best you possibly can, all without sacrificing your love of delicious food, then this is the cookbook for you. Ketogenic Diet not only allows you to lose weight and become healthier but it also brings other great benefits. It will boost your energy level, make you feel and look better, reduce pain, boost your sex drive and even prevent diseases. This book is a good introduction for beginners and anyone who would like to have rapid fat loss and realise the benefits of the Ketogenic Diet. It contains the 4-Week Plan for anyone who wants to become slimmer and healthier. There are 30 days of Ketogenic recipes for Breakfast, Lunch and Dinner that anyone can follow and prepare easily. Ketogenic Diet for Beginners has been carefully written, the recipes are specially written and arranged to help you make healthier diet choices. You do not need to follow a strict and hard to follow-through diet plan. In fact, this Ketogenic Cookbook will be fun and motivational. There is no need to sacrifice taste for good health! This book includes a lot of mouth-watering recipes and provide you a lot of beneficial information. You will find in this Ketogenic Diet guide, a total of 30 days of Ketogenic recipes grouped by three different categories: breakfast, lunch and dinner. For a total of 90 yummy recipes, you could easily mix and match...

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