



Keto Diet: The Ultimate Guide to Everything Keto; Includes Recipes and a 7 Day Meal Plan (Paperback)

By Jane Peters

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Turn Your Body into a Fat Burning Machine with the Keto Diet Are you looking to shed the fat and get fit? Have you tried other diet plans but can t seem to lose weight? Have you lost weight but then gained it back? Are you struggling with counting calories and find it too difficult? Do you want more energy? Do you want to be and feel healthier? The Ketogenic Diet is a perfect diet for those looking to boost their weight loss, have more energy, and feel healthier! The keto diet provides a whole slew of benefits which include weight loss, energy boost, reduced appetite, health benefits, etc. Understanding how the keto diet works is crucial for success. We go over every aspect of the diet that you need to get started. Turn your body into a fat burning machine by having your body do the heavy lifting when it comes to burning fat! Don t wait, grab your copy today and start your weight loss journey that will have you in amazement at your results! FREE BONUS Inside: 25 Ketogenic...



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