



Ketosis: A 30 Days Easy to Prepare Keto Meal Plan That Turns Your Body Into a Fat (Lose Up to 10 Pounds in Your First Week) (Paperback)

By Sandra Woods

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Have you ever looked in the mirror and wondered if you could ever lose those fats and get yourself an awesome physique? How about being free of conditions like high blood pressure and less than ideal cholesterol levels to enjoy a wholesome, healthy, and active life? If that sounds good, step up and get ready to dive into the world of the ketogenic diet! What does the ketogenic diet give you? -A healthy way to burn fat, and keep it off for real -Experience weight loss within weeks that stays lost -Freedom from hunger and better appetite control -Increased energy to go about your daily routines -Improved cholesterol readings -Reduction in blood sugar and blood pressure -Eat savory foods that you crave while losing weight! And much more! Wanting to start the ketogenic diet but not sure how? This guide serves to do just that, giving you a structured program on how to begin the ketogenic diet. You will also be shown the various other benefits of the ketogenic diet, as well as actionable information that will pave the road for you...



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