



Ketogenic Cookbook: 2 in 1: Quick and Easy Ketogenic Diet Recipes for Fasting: High Fat Low Carb Recipes for the Keto Diet: Burn Body Fat and Lose Weight Fast! (Paperback)

By Tom Prescott

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Part 1 Be Happier and Healthier Starting Today! Are You Tired of Feeling Out Of Shape? Want to Start A Diet That Will Allow You to Change Your Life Forever? This Ketogenic Cookbook: Quick And Easy Ketogenic Diet Recipes you can easily prepare is an excellent guide to those who want to lose weight and get slim over the small period of time. In today s world where one s figure is the first thing that represents him or her, one should take care extra care of it not only because of the impression that it leaves on others but also because of the sake of having healthy and quality wise excellent life. We will get into detail in the book but for now take a general look on what this book offers: Ketogenic diet and its unlimited benefits Ketogenic diet recipes: For the breakfast Ketogenic diet recipes: For the lunch time Ketogenic diet recipes: For dinner Ketogenic diet recipes: For dinner ***** Part 2 KETOGENIC DIET - ENJOY THESE MOST DELICIOUS KETOGENIC DIET FREE RECIPES FOR WEIGHT LOSS AND HEALTHY...



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