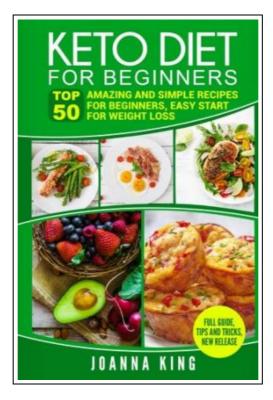
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand *******. Healthy nutrition is the most important factor of our health. The ketogenic diet is one of the famous ways to achieve effective results in losing weight and reduce the risk factors of various diseases. Nowadays, the beautiful figure is the dream of every man of today. However, not everyone is ready to visit the gym and experiences the physical stress. If you want to lose weight and get healthier it means that work out in the gym will not be enough. Sure enough, you need a healthy balanced diet that increases the physical endurance of human body and provide constant energy. At the same time, the ketogenic diet does not mean that you should count calories or go hungry. This cookbook describes a special selection of tasty and healthy ketogenic receipts, which improve mood, get rid of diseases, increase overall activity and allows to successfully losing weight. Everyone knows that the way of losing weight is not an easy, but with the keto diet for beginners, it is possible! The KETO Diet for BEGINNERS includes many healthy keto recipes for every taste and the necessary information about the ketogenic diet, which create an overall picture of a balanced diet, action, rules, and lifestyle. In this book, you will find many healthy recipes for brunches, dessert and breakfasts, salads and snacks, fish and seafood dishes, tasty dinners and meat dishes for you and your family! By following the recipes in this cookbook, you will be able to maintain a healthy diet without counting calories, severe diets, and fasting. The selection of receipts is according to all requirements of the ketogenic diet and is based on a knowledge that direct you which foods to...

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