



## Ketogenic Diet: 5 in 1 ! Reset Your Metabolism with These Easy, Healthy and Delicious Ketogenic Recipes! (Paperback)

By Francesca Bonheur

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.WHAT Eating Fat = Weight Loss !! The ketogenic diet is a way of eating. It allows users to lose a large amount of weight without having to count calories, figure out complicated points or make huge changes to their diet. It is a way of eating that is simple to do for most users and has a huge impact on the way that the user can lose weight. It is a great way for people to make sure that they are truly losing weight so that they will be able to get more out of the different parts of their life and not have to worry constantly about how much they weigh. Here Is A Preview Of What You ll Learn in book 1 Ketogenic for beginners Chapter 1: How to Eat on the Ketogenic DietChapter 2: Breakfast RecipesChapter 3: Lunch RecipesChapter 4: Ketogenic StaplesChapter 5: Dinner RecipesChapter 6: Snack and Dessert RecipesAnd much, much more! Here Is A Preview Of What You ll Learn in book 2 Ketogenic Chicken recipes Chapter 1: The Ketogenic DietChapter 2: The Paleo DietChapter 3:...



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