



Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide)

By Micheal Kindman

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 240 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes Book1: Low Carb 101: Low Carb Diet - Proven Way to Lose 15 Lbs (7 KG) In Two-Week Challenge Without Even Trying Are you struggling to shed your extra pounds You are not alone because numerous people are struggling to get rid of stubborn fat of their body. Various diets are available in the market, but each diet has its benefits and limitations. You have to focus on one formula eat fewer calories and burn more. Low carb diet is a good way to recycle carbs and increase your metabolism. This diet will help you to reduce your weight quickly and improve your overall health. The low carb diet is extremely helpful for everyone to increase their metabolism and melt your body fat. In this book, you will learn the principles of low carb diet and follow it to reduce weight. Low carb diet has been scientifically proven to result in better health and more weight loss as compared to low-calorie and low-fat diet. This book...



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