

Ketogenic Diet: Ketogenic Diet for Beginners: Low-Carb, High Fat Diet - Lose Weight, Avoid Mistakes, & Feel Amazing! (Ketogenic Diet for Weight Loss, Ketogenic Diet Mistakes, Ketogenic Cookbook)

Joyce Smith

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# **Ketogenic Diet**

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If you would like to get that Healthy Body that you have always wanted, the Ketogenic Diet is the way to go! In Ketogenic Diet For Beginners: Low-Carb, High Fat Diet - Lose Weight, Avoid Mistakes, & Feel Amazing! You will discover how this diet affects your body, your metabolism, its benefits, and anything else you may be curious about regarding the diet. This book will help you avoid common mistakes that most people on Ketogenic diet make and it will also give you information, tips and recipes that will make your journey to a healthier you easier and more fun. In this book you will find easy to make recipes for breakfasts, main courses, breads, snacks, and desserts that will help you kick start your diet. Buy Ketogenic Diet For Beginners: Low-Carb, High Fat Diet - Lose Weight, Avoid Mistakes, & Feel Amazing! Now and start shedding off those extra pounds!



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