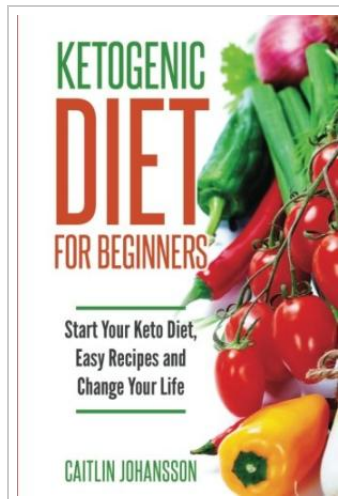




Ketogenic Diet for Beginners: Start Your Keto Diet, Easy Recipes and Change Your Life (Paperback)

By Caitlin Johansson

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER Ketogenic Diet that will change your life!It s truly amazing when we experience something life-changing, especially weight loss. Your confidence just explodes, you re meeting new people, your life itself improves tenfold. Ketogenic Diet for Beginners will help you! Do you want a diet that helps you lose weight? This book is for you!This book is a beginners guide to ketogenic. It does not only have the answer to what Ketogenic (or Keto, in short) is all about, but as beginners, we want a guide to our diet. Believe me, as a health advocate, it s a challenge to start because, at times, we don t know where to even start. Ketogenic Diet for Beginners delivers simple meal plans and, not only that, it packs beneficial information just for you. Here Is What You Get Inside.What is Ketogenic Diet? Learn healthier lifestyle choicesStep by step on how to start your Ketogenic journeyDiscover Ketogenic benefits for youHow easy it is to prepare a Ketogenic meal? EasyHow to lose weight with Ketogenic diet? Sample Ketogenic diet plan that you can get started immediatelyChange your...



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