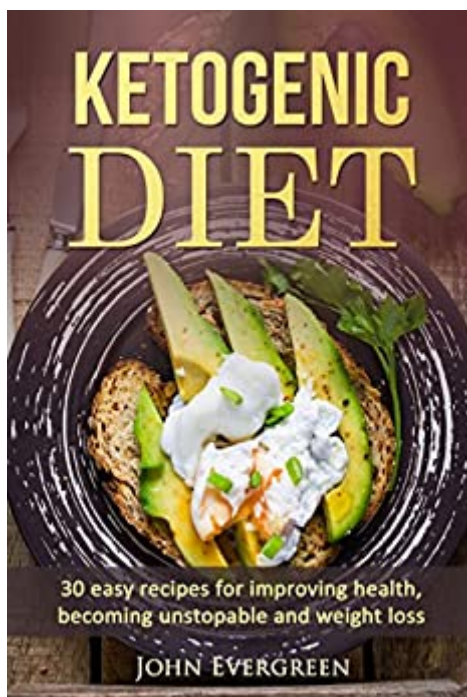


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Ketogenic Diet: 30 Easy Recipes For Improving Health, Becoming Unstopabe And Weight Loss: An Amazing Guide For Beginners (Keto Diet For Beginners, Low Carb, High Fat, Health)



Synopsis

We are what we eat! Yes, what you put into your body, you become. A proper nutrition is the key to a perfect body and a healthy mind. You might have heard about such terms as "Ketogenic diet" or "Low carb high fat diet", but probably you lack essential knowledge about these subjects. But no worries, this books will open the the doors of the low carbohydrate living lifestyle, even if you are an absolute beginner! This book is for you if: You want to lose weight(I know it can be hard ;)) You want to improve your health in a tasty way You want to unleash your body's true potential You were looking for some new, easy, tasty recipes You just want to get started with the Keto lifestyle Buying this book, you will : Get an amazing beginner guide to keto diet Get a Keto diet plan Find out why most people fail on their way to ketosis state And of course get 30 easy, tasty recipes for weight loss that don't taste like mud! You might say: Ok, maybe I will buy it tomorrow... No you won't! Real changes come now, and you've been waiting for too long! Shape yourself into a weight loss machine. gain the weight loss motivation now, with this amazing easy recipes, and impress others with your professional cooking skills , with this book! Don't hesitate, take action and join us on the road to Healthy Living, NOW!

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