



Ketogenic Diet: Ketogenic Diet Revealed: Lose Weight and Feel Great with the Ketogenic Diet and Recipes (Free Bonus) (Paperback)

By Ryan Starring

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Lose Weight Fast! Do It The Right Way! Learn Everything There Is To Know About How To Feel Great With The Ketogenic Diet and Ketogenic Diet Recipes FREE BONUS! SIMPLE 14-Day Sample Meal Plan! Are you looking to lose weight? Do you want to feel better about yourself? Are you tired of trying fad diets only to be discouraged by the lack of results? Are you looking for a better way? The answer lies not only changing your diet but changing your lifestyle. The Ketogenic Diet is the perfect answer to all your questions. It s the path to a healthier lifestyle right now! There are a lot of books out there that give you the how of dieting, but lack the what, who, and when. Most diet books are shallow and lack substance. Ketogenic Diet Revealed is your comprehensive guide to all the basic questions that you need to ask and have answered before you start your new lifestyle. Before you see one recipe you will understand what the Ketogenic Diet is, how it actually helps your body,...



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