



## Ketogenic Diet: The Complete Ketogenic Diet Recipe Book for Beginners - Your Keto Lifestyle Guide to Lose Weight, Regain Confidence, and Heal Your Body (Paperback)

By Cameron Walker

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This BUNDLE OFFER contains 3 BOOKS IN 1: 1)KETO FOR BEGINNERS: THE #1 COMPLETE GUIDE TO KETOSIS AND THE KETOGENIC DIET 2) KETO MEAL PLAN: YOUR COMPLETE 30 DAYS KETO-ADAPTATION RECIPE COOKBOOK (with macros total carb/net carb calculation) 3) KETO DESSERT RECIPES: A YEAR OF SWEET TREATS FOR KETOGENIC AND LOW-CARB DIETS (with macros total carb/net carb calculation) Description: 1)KETO FOR BEGINNERS: -What is Ketosis and how does your body work -How do Keto diets achieve rapid weight loss -Which are the main differences between a Keto and other known diets -How to start and when to stop a ketogenic diet -Keto diets and sport and exercise -The effects of a Keto diet on pregnancy -How does a Keto diet help you squash migraines -A perfect Keto complete meal plan - The Keto meal Formula: how to create a keto meal plan -Keto recipes: breakfast, lunch and dinner with nutritional facts .and much much more 2)KETO MEAL PLAN: - The complete monthly guide schedule for breakfast, snacks, lunch and dinner for your best and fastest adaptation to the Keto lifestyle! -...



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### Reviews

*Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.*

-- Romaine Rippin

*The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- Lyda Davis II