

## The Keto Diet Challenge: The Complete Guide to a Ketogenic Diet, with More Than 50 Delectable Recipes and Meal Plan to Lose Those Stubborn Pounds (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Ketogenic Secret Keto Diet Is The Way To Make You Healthy, Happy and Lose Tons Of Weight Amazon best-selling author, Amy Rodriguez, health coach who has been helping people all over the world. She represents a new health-conscious way of cooking that includes eating as many vegetables as possible, getting enough protein and limiting indulgences such as highly processed carbs. Benefits of Ketogenic Diet: Weight Loss Anti-aging Lower Blood Sugar Heal Cardiovascular Disease and Metabolic Syndrome Polycystic Ovary Syndrome Brain Function Helps with Irritable Bowel Syndrome Increase Endurance Performance Helps with Fatty Liver Disease Heal Acne Increased Levels of the good cholesterol Reduced Blood Sugar and Insulin Levels Blood Pressure Tends to go Down Low-Carb Diets Are Therapeutic For Several Brain Disorders Don't Know How To Start Ketogenic Diet? This book is full of advice on how to properly start ketogenic diet. Everything that should be included and omitted from your diet is right here. Keep this book on hand and you will be able to lose weight in super easy way. In this book Ketogenic Diet Book You Will Find Start your ketogenic way of eating, based on whole foods and mouthwatering recipes that satisfy any foodie. Simple Ingredients For Everyday Cooking Includes Dairy Cheap Recipes for Any Budget Amazing Pictures Really Low-Carb Has Nutritional Information Kickstart your Ketogenic Diet! Lose weight, get healthy and increase your productivity with this amazing ketogenic recipes. Stop wasting your time! Buy this book NOW to increase your energy, mental focus and make more time for your family! Pick up your copy today by clicking The Buy Now button at the top of this page!.

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