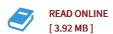




365 Days of Ketogenic and Anti-Aging Diets: 495 Easy to prepare Keto Anti-Aging Meals (Volume 2)

By Sandra Woods

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 358 pages. Dimensions: 9.0in. x 6.0in. x 0.8in.Ketogenic Diet: 365 Days of Ketogenic and Anti-Aging Diets (495 Easy to Prepare Keto and Anti-Aging Meals). Vol. 2 With over 495 easy-to-follow, delicious low carb recipes and a One Year Meal Plan, this is the only cookbook you will ever need! It is a one-stop shop to the Ketogenic way of life, The Ketogenic Cookbook shows you how to transition to and maintain a whole foodbased ketogenic diet with a key focus on practical strategiesand tons of mouthwatering recipes that contains tons of anti-oxidants to prevent skin wrinkling and aging. Accelerated fat loss, powerful anti-aging recipes to turn back the hand of the clock, increase energy levels, mood stabilization, appetite control, improved mental focus and hormonal balance - these are just a few of the profound benefits you will experience when following the advice in this book What you get: Accurate Macronutrient chart of allowed foods Practical tools and guidelines to make your high-fat life a breeze Ketogenic life style One Meal plan that you can follow for 365Days Beginners Guide to loss 30lbs in two months Great recipes...



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