



Ketogenic Diet for Beginners: Keto for Beginners, Keto Meal Plan Cookbook, Keto Slow Cooker Cookbook, Keto Dessert Recipes (Paperback)

By Cameron Walker

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This BUNDLE OFFER contains 4 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 SLOW COOKER COOKBOOK- Your easy crock pot recipes 4) 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...



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