



## Ketogenic for beginners : Best recipes for weight loss, Keto lifestyle Meal Plan

By Mrs Inna Volia

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 122 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Since you have picked up this book, I am pretty sure that you have mentally prepared yourself to discover the magical world of a Ketogenic Diet! And trust me when I say this, you are not the only one to start to walk this path! In fact, thousands and thousands of people daily are converting their daily diet regime to a Ketogenic Diet in order to lead a healthy life. Unfortunately though, as much popular as the diet has become, it is still one of the most misunderstood and misperceived diet all around! Therefore, before letting you lose into the chapter, this introductory chapter will serve as a guideline to teach you the basics of a Ketogenic diet. That being said, lets start with the most basic question first. This item ships from La Vergne, TN. Paperback.



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