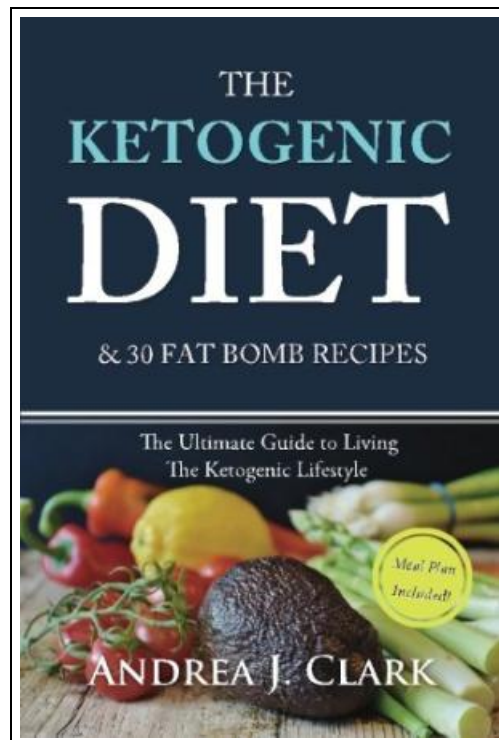


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Ketogenic Diet 2 in 1 bundle set provides you with all the information you need for losing weight with the Ketogenic Diet! In this book, you will learn: Ketogenic Diet: - How to Lose Weight Fast with the Ketogenic Diet - What Foods to Eat and What to Avoid - The Health Benefits of the Ketogenic Diet - What to Expect Along the Ketogenic Journey - A 7-day Ketogenic Meal Plan with Recipes to Kick-Start Your Weight Loss Fat bombs are energy balls that are made almost exclusively from high-fat, low-carb ingredients. With these delicious sweet and savory fat bombs, you can add more variety to your Ketogenic diet. Fat Bombs: - What are fat bombs - Three Basic Types of Fat Bombs Ingredients - Preparing to Make Your Fat Bombs - How to Make Nut Butter - 15 Sweet Fat Bomb - 15 Savory Fat Bombs - 3 Bonus Keto Ice Cream Recipes The Bottom line: The Ketogenic Diet will help you lose weight effectively without much exercise, boost your metabolism and bring up your energy levels for your day-to-day life. If you truly want to melt away fat off your body and keep it off, then this book is exactly what you need!.



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