

Ketogenic Diet: The Complete Ketogenic Diet Beyond (Paperback)

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Reviews

Extensive manual! Its this type of great read through. This can be for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book. (Dr. Furman Becker V)

KETOGENIC DIET: THE COMPLETE KETOGENIC DIET BEYOND (PAPERBACK)



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On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.INCLUDING: Keto for Beginners Guide, Keto Meal Plan Recipe Cookbook, Keto Dessert Recipes, Intermittent Fasting Beginners Guide 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 DESSERT RECIPES: A YEAR OF SWEET TREATS FOR KETOGENIC AND LOW-CARB DIETS (with macros total carb/net carb calculation) 4) INTERMITTENT FASTING: the #1 complete guide to fasting long lasting weight loss (a complementary tool to pair with your Keto quest for better and really long-term results) 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 best and fastest adaptation to the Keto lifestyle! - Over 77 healthy and delicious whole-food recipes that will help your body burn fat and keep your cravings to zero For those who are brand-new to a ketogenic diet and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. Your 30-Day Ketogenic...

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