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Ketogenic Diet: Best Way to Lose Weight! Everything You Have to Know about High Protein Diet: How to Start, What to Eat + 3 Ideas of Day Meal Plans.: (Ketogenic Diet, Ketogenic Diet

By Batya Atkins

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Ketogenic Diet: Best Way To Lose Weight! Everything You Have To Know About High Protein Diet: How To Start, What To Eat + 3 Ideas Of Day Meal Plans. Have you tried countless diets, and then failed to stick to them for long enough to get your desired results? Have you spent weeks losing weight, and then gained it all back in a matter of days? Are you tired of counting calories, measuring portions, and eating boring foods while everyone around you seems to be gorging themselves and staying enviably thin? Before you totally give up ever reaching your ideal weight, try the straightforward diet described in this book. The Ketogenic Diet is not a fad, requires no special shakes or supplements, and you don't have to pay anyone a fee to learn its guidelines. All you have to do is give yourself some time to read this book, and then you can start following the Ketogenic Diet as soon as today! The Ketogenic diet is simple to follow, easy to stick to, and will leave you...



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