

Keto Cookbook: Easy Recipe for Beginners: Turn Your Body Into a Fat-Burning Machine (Paperback)

By Miranda Grey

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. There are tons of diets out there that promise you one thing: TO LOSE WEIGHT. You may have heard of the ketogenic diet, but do you know about its benefits? Yes, you read that right. BENEFITS as in plural. The keto diet pushes your body to go into a state of ketosis which not only brings about weight loss but also other advantages like good mental activity. This book, aside from its easy-to-do recipes, will give you a quick insight into how and why the keto diet works. This intended to be a quick guide for all you beginners out there. No calculations, no fuss, just understand, prepare, eat, and enjoy. Good luck on your journey to becoming a fat-burning machine. - Miranda Grey.





Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- Andres Bashirian

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-- Lacy Goldner

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