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Keto Smoothies and Drinks: A Starter Kit for a Healthy Lifestyle and Fast Weight Loss in 14 Days (Paperback)

By Michelle Silva

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.KETO Smoothies and DrinksGet Started With Ketogenic Diet and Build A Healthy New Body *** INCLUDES BONUS FOR ALL READERS IN THE BOOK!!! *** You can read this book on your Kindle device, smart phone, tablet, mac or PC You have heard of Ketogenic diet and all its benefits but you are still not ready to commit to it? This book is a great starter-kit for those who want an easy and fast way to experience what a Ketogenic diet will be before committing fully to it. This book is also for those who have tried Ketogenic Diet but wanted more recipes for breakfast, smoothies, salad and drinks. This book has been carefully written, the recipes are specially chosen and arranged to help you make healthier diet choices. Firstly, this Starter Kit contains many simple, delicious and very low carb recipes to kick-start your day with a healthy Ketogenic breakfast. It also contain easy to prepare smoothie recipes to help you lose weight and staying away from other junk food. In order to stay healthy and to lose a few...



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