



## The Complete Keto Diet for Two #2019: 5-Ingredient Affordable, Quick & Simple Ketogenic Recipes - Lose Weight, Balance Hormones, Boost Brain Health, and Reverse Disease - 21-Day Keto Meal Plan (Paperback)

By Jasoner

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Do you find it difficult to start the Keto journey? If you have heard about the keto diet, but simply do not have any idea about what meals to cook, you would love this keto cookbook which is a perfect beginner's guide to the revolutionary keto diet. In this cookbook you will learn: Basic rules to follow on a keto diet How to make keto a sustainable lifestyle What you can and can't eat on the keto diet 21-day meal plan to make the start of your journey easier. And more. Don't wait another second to get this life-changing book.



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