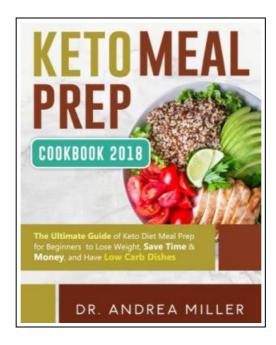
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Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Ketogenic Diet is one of the most recommended and successful ways to shed weight. It has come as an answer to many people out there who were struggling with over-weight and fighting daily battles with their own self. Many people have gained back their lost confidence and charisma by going keto. You can be next. Give ketosis a genuine try and the results will speak for themselves. This Complete Keto Meal Prep guide book will be your only choice about your Keto journey! Inside this book, you will find all you need to know about how to have a successful Ketogenic diet! Not only will you lose your excess weight, but also will you have many other benefits by following it! You will be slimmer or stronger, have better mood and skin, have more energy and be active, have less disease and be healthier, and the most important is that you can still have your favorite recipes without any starvation! Let me quickly show you some points I covered in this book: Ketosis is a state of body that is achieved by following a low-carb, moderate-protein, and high-fat diet. It allows your body to become a fat burning machine. You should properly monitor your macros and calculate the intake of each. Know more about keto flu and how to get over it. Exercise a lot. It will help to make most from the ketosis. Formulate a diet chart for yourself. Make due preparations before going keto. It will ease many difficulties that you may encounter. Keep your keto staples and pantry ready. Process the veggies, freeze berries, make broths, and condiments. Be keto ready. Know what you should eat and drink in abundance and what you should avoid. Treat yourself every day with the marvelous keto recipes....

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