



## The Complete Ketogenic Diet for Beginners: Ultimate Guide for Keto Diet, the Essential Keto Cookbooks with Low Carb High Fat Recipes (Paperback)

By Warawaran Roongruangsri

Independently Published, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. The Complete Ketogenic Diet for Beginners Ultimate Guide for Keto DietThe Essential Keto Cookbooks with Low Carb High Fat Recipes Doing the keto is much easier than people think, and sometimes much harder than you expect. It is often not the diet or the lifestyle that is really hard. The hardest part is often taking leave of your life - as you know it, with all of its comfort foods and sweets and treats and food memories. Taking leave of this comfort zone is the hard part. Once you are off, the rest will come easily. The most important thing is to educate yourself properly. You have to follow the right path. Many authors and pundits mislead readers so badly that they end up following strange diets they call keto, which is not. This book is cutting edge and well informed. Start here. keto beginning, keto journal, keto in 28, the ketogenic bible, keto detox, keto cookbooks, keto diet cookbook, the essential keto cookbook, keto reset diet cookbook, keto diet cookbook, high metabolism diet book, complete keto, kept diet for beginners, keto and intermittent fasting, keto paleo cookbook, keto life,...



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