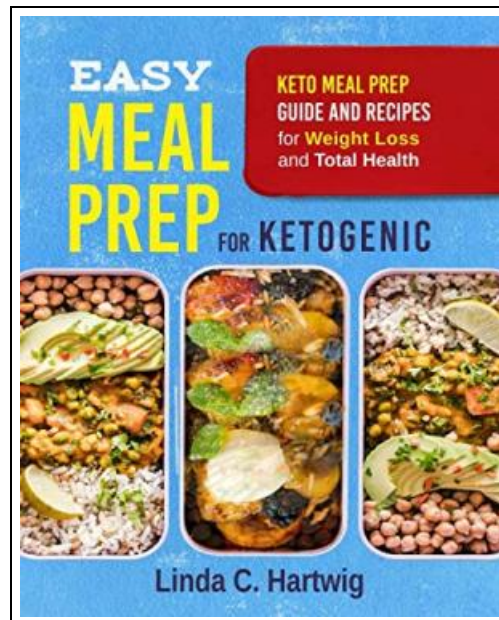


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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Do you find yourself with little to no time preparing some healthy meals at home? Do you find yourself too busy to spend countless hours in the kitchen every day? Perhaps you want to save more money and time for the gym or with your family? How about wanting to start the popular keto diet but find it incredibly hard to do so? Many people are in your same shoes and fortunately enough, learning the wonderful art of keto meal prepping will solve all your problems! In this book, you will learn everything from meal prepping to the basics of the ketogenic diet. For those unfamiliar with the ketogenic diet, on the keto diet you will limit your carbohydrate intake to less than 20 grams per day so that your body can enter the metabolic state 'ketosis' where your body burns fat for energy. The keto diet comes with numerous health benefits such as weight loss, increased energy, reduces the risk of chronic diseases, reduces inflammation, improves focus and sharpness amongst other things. One of the most common reasons why people fail the ketogenic diet is because they don't have access to keto-compliant meals, especially for professionally busy people. They find themselves with too little time to make their own keto-friendly meals at home. With meal prepping it will make the ketogenic diet a hundred times easier. For those who don't know what meal prepping is, it's the act of making your meals in advance whether it's an hour, a day or even a week! You can think of meal prepping as your own personalized TV dinners only it would be healthier! Meal prepping has caught the attention of thousands of people and the number will only continue to rise...



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