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Keto Meal Prep: Easy, Healthy and Wholesome Ketogenic Meals to Prep, Grab, and Go. 21-Day Keto Meal Plan for Beginners. Keto Kitchen Cookbook (Paperback)

By Brandon Hearn

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Do you still think that you do not have perfect genetics and there's nothing that can help you? Have you imagined that eating and cooking a high-fat diet meals would be super easy? Have you ever had an idea of a diet that can be delicious and healthy and can even be better than following any other diets? Then this Ketogenic Meal Prep Guide can help you to save your time and money! ***Please note: Book is available in 2 Paperback formats- Black and White and Full color. Choose the best for you ***With the ketogenic diet, you're choosing a lifestyle that's meant to help you reach a healthier, happier you. Like any lifestyle change, it can be a hassle, especially when you're trying to cook three healthy meals a day after a hard day's work. That's where meal prepping can help. This book will teach you meal prepping recipes you can use for breakfast, lunch, dinner, snacks and even dessert. Here Is A Preview of What You'll Learn in This Book. Dozens of Easy to Follow Recipes using ingredients that are easily found at your local grocery store - each...



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