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## Keto Meal Prep: 21-Day Meal Prep for Massive Weight Loss: Delicious and Easy Keto Recipes to Save Time & Lose Massive Weight (Paperback)

By Clara Meeks

Kraserine, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Are you a beginner in the Ketogenic Diet? You also find it difficult to cook everyday different meal and still follow the Keto Diet? Then this Keto Diet Meal Prep cookbook will help you get in shape quickly and efficiently in 21 DAYS! Save time with these low-carb, high-fat and easy to prepare Keto Diet Meal Prep recipes. You don't need amazing discipline nor to occupy your mind with what to cook. Just use these simple and delicious Instant Pot Recipes! This Ketogenic diet cookbook contains the following categories: Breakfast, Lunch and Dinner for the next 21 Days Wide variety of Whole foods Vegetable and Egg Recipes Pork, Beef and Poultry that are high in proteins Desserts so you never stay hungry This 21-day Keto Diet Meal Prep cookbook for busy people will take care of your cooking doubts once and for all. Cook interesting and tasty food Allow yourself to cook 1-2 times a week and have the body you've always wanted Follow easily the Ketogenic Diet Get a copy of this great Keto Diet Meal Prep cookbook and transform your life once and for all with the Keto...



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