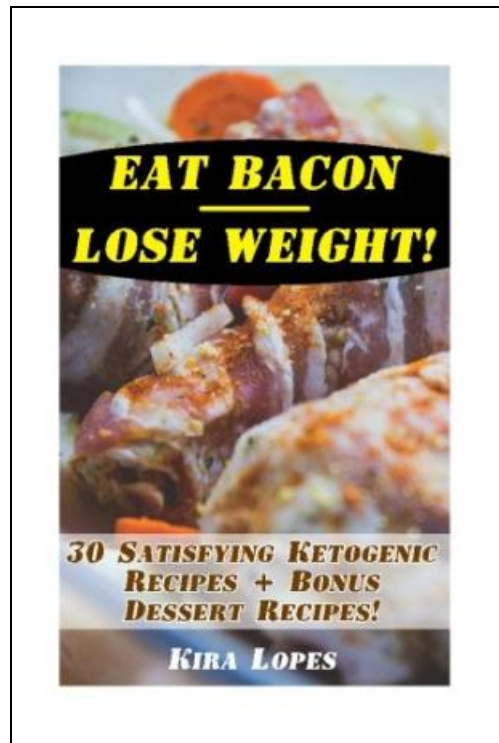


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Reviews

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Eat Bacon - Lose Weight! 30 Satisfying Ketogenic Recipes + Bonus Dessert Recipes! This is a great cookbook that is full of great tasting healthy recipes that are going to help you to lose weight fast. You will not feel like you are dieting at all when you see the recipes that you will be indulging that are in this cookbook. You will enjoy these diet recipes because they will not make you feel deprived in anyway. You are going to enjoy and feel satisfied with the meals that you will be eating from this fantastic collection of ketogenic recipes. There is also 10 bonus ketogenic desert recipes included, this is just a way of saying thanks for downloading my book. Why you should download this book. If you are truly interested in making some positive changes in your diet, then using this cookbook will help to guide you in making sure that you are choosing your meals from a good diet selection. The meals that are offered in this cookbook are all based on the ketogenic diet. The diet helps in producing ketones in your liver that will be a healthy source of energy for you. The Ketogenic diet is referred to by other names such as low carb high fat diet or low carb diet. If you are concerned about developing diabetes I would suggest that you seriously consider the ketogenic diet, this will help to greatly reduce your chances of developing diabetes as well as other health conditions. If you stay on a healthy diet plan like this one you are going to feel healthier and be healthier. The glucose is reduced in your diet when you...

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