



## Keto Meal Prep Cookbook 2018: The Ultimate Guide of Keto Diet Meal Prep for Beginners to Lose Weight, Save Time & Money, and Have Low Carb Dishes (Paperback)

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By Dr Andrea Miller

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Ketogenic Diet is one of the most recommended and successful ways to shed weight. It has come as an answer to many people out there who were struggling with over-weight and fighting daily battles with their own self. Many people have gained back their lost confidence and charisma by going keto. You can be next. Give ketosis a genuine try and the results will speak for themselves. This Complete Keto Meal Prep guide book will be your only choice about your Keto journey! Inside this book, you will find all you need to know about how to have a successful Ketogenic diet! Not only will you lose your excess weight, but also will you have many other benefits by following it! You will be slimmer or stronger, have better mood and skin, have more energy and be active, have less disease and be healthier, and the most important is that you can still have your favorite recipes without any starvation! Let me quickly show you some points I covered in this book: Ketosis is a state of body that is achieved by following a low-carb, moderate-protein, and...



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