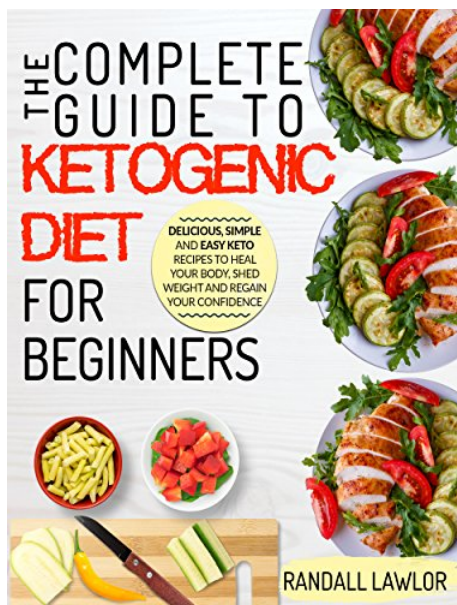


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Are you trying to lose weight? Have you tried endless diets, but nothing seems to work? Are you ready to try the best diet that has ever been devised? The ketogenic diet is famous for its innovative method and fast fat burning which helps participants lose weight and keep it off. Attaining the state of ketosis and allowing your body to attack the fat it has stored is the key to this and the reason for its success. Now, with The Complete Guide to the Ketogenic Diet for Beginners, you can learn all about the best ways to start this amazing weight loss program and the benefits it has for you, while also getting dozens of great recipes into the bargain, including: Smoothies and breakfast dishes Appetizers, snacks and soups Meats Fish and poultry Vegetables Side dishes Whether you fancy a peanut butter smoothie first thing in the morning or a keto Jambalaya for your evening meal, this book has something for everyone. The dishes are simple yet exciting, daring but with everyday ingredients, which means you can quickly whip up a midweek meal in minutes or spend a bit more time preparing a special

dinner. Whatever it is, The Complete Guide to the Ketogenic Diet for Beginners is certain to inspire you to make sumptuous food for all the family!

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