

[GET] Ketogenic Diet: The How to & Not to Guide for beginners: How to Lose Weight Effectively

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Did you know that there are many proven benefits of the ketogenic diet? They include: This book contains proven steps and strategies on how to use the low-carb, high-fat ketogenic diet as a weight loss method. It is one of the most effective diets for weight loss available today. It's easy to follow and offers many health benefits, too. This audiobook offers a guide on what to do and what not to do when following a ketogenic diet. It also has guides on how to create diet plans and how to kick-start a workout routine. Here is a preview of what you'll learn:

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