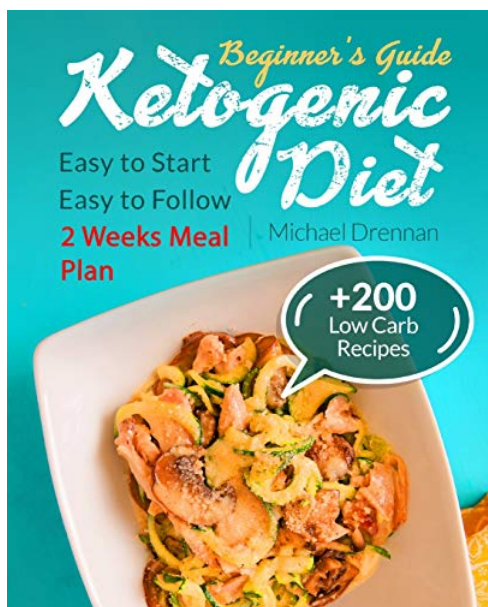


# [Free PDF File] Ketogenic Diet for Beginners: Cookbook with Keto Meal Plan and Tasty Recipes for Lose Weight Easy to Start and Easy to Follow



**CONTINUE ►**

Are you looking for simple and safe way to shed unwanted pounds? Are you tired of hearing about fasting? The Keto diet is a nice solution to overcome these problems! What happens when you follow this diet? - You will eat food that nourishes. - The fat will melt off. - You will get the burst of energy or a feeling of lightness throughout your body. - You will feel younger. - Your sugar, cholesterol, and blood pressure levels will be normal. - Your skin and joint problems will disappear. - You will love the way your body feels. It describes the principles of Keto diet, ketosis, and fat burning. You will get a two-week food plan for the rapid start of ketosis. You will also receive 200 simple and delicious recipes. Without a personal nutritionist, you will learn how to make a correct menu, how to eat less and to control the appetite. The main thing is that having understood the principles of this diet you will be able to create healthy dishes without any calculations. Once you experience the benefits of the Keto diet, you will become a devotee for the rest of your life! Get this book today!

**CONTINUE ►**

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