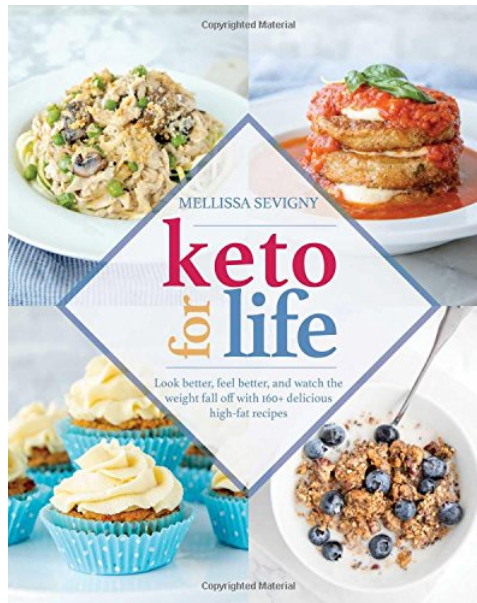


## [Download] Keto for Life: Look Better, Feel Better, and Watch the Weight Fall off with 160+ Delicious High-Fat Recipes



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The ketogenic lifestyle has been proven to aid in weight loss and to help people achieve better overall health. Melissa Sevigny, the voice behind the highly acclaimed food blog I Breathe, Im Hungry, has been a leader in low-carb, ketogenic living for many years and understands the key factors to achieve lifelong success. In her new book, Keto for Life, she delivers a complete road map to adopting and sustaining a ketogenic diet. Keto for Life is a book for real people with busy lives, picky family members, and moderate budgets. Melissa firmly believes that budget, time, and eating with loved ones should not be deterrents to living a keto lifestyle, feeling great, and enjoying the food you're eating. Keto for Life gives readers tools and recipes to thrive on keto. People who are new to the ketogenic diet want answers to the common problems of how to eat keto without needing years of experience as prep cook in a commercial kitchen and how to stay within their grocery budget, keep the rest of the family from staging a mutiny, and not be forced to shop, prep, and cook full-time to make their goals a reality. Keto for Life educates readers on the dos and don'ts of keto, providing a wealth of tips and strategies to help them get started right away and work toward their goals. Readers can pick up this book on a Monday and be well on the way to their new keto lifestyle by the weekend.

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