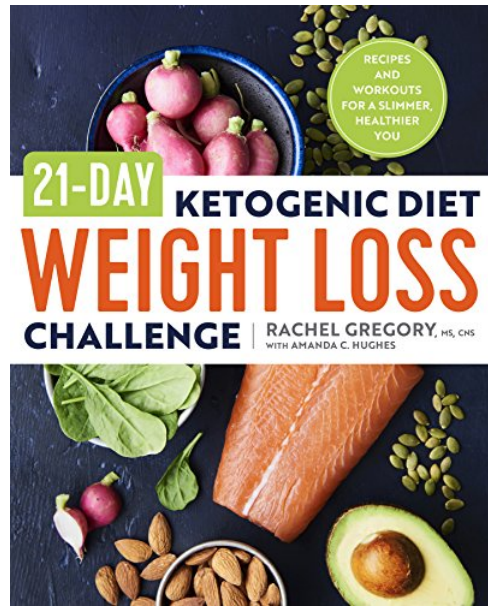


mICOS [Download] 21-Day Ketogenic Diet Weight Loss Challenge: Recipes and Workouts for a Slimmer, Healthier You



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The 21-Day Ketogenic Diet Weight Loss Challenge is the first targeted meal plan and exercise guide to help you lose weight fast on ketogenic diet. Real weight loss is a combined approach of diet, exercise, and a healthy mindset. The 21-Day Ketogenic Diet Weight Loss Challenge combines the ketogenic diet with effective wellness strategies for a results-driven, kick-start plan to lose weight permanently. This 21-day ketogenic diet challenge tells you what to eat and when with a clear, easy-to-follow meal plan that includes more than 100 keto-friendly recipes. To complement your diet, The 21-Day Ketogenic Diet Weight Loss Challenge also offers guidance on other fundamental elements of weight loss, including exercise, sleep, and stress management. The 21-Day Ketogenic Diet Weight Loss Challenge gives you the tools to jumpstart your healthier lifestyle with: An introduction to the ketogenic diet that teaches you about the foundations of a low-carbohydrate, ketogenic lifestyle, plus helpful advice for maintaining the lifestyle. A meal plan that maps out meals for breakfast, lunch, and dinner with over 100 ketogenic diet recipes and shopping lists for each week. A wellness tracker that supports your weekly weight loss goals with exercise guidelines and advice for other healthy habits. The 21-Day Ketogenic Diet Weight Loss Challenge is an actionable plan to lose weight fast with recipes and workouts for a slimmer, healthier you.

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