Ketogenic Diet Box Set 3 in 1: Learn How to Follow a Ketogenic Diet and Lose Weight Fast with 50+ Amazing Ketogenic Recipes: (Lose Belly Fat Fast, Ketogenic Diet for Beginners) (Paperback)

By Nichole Parker

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Ketogenic Diet BOX SET 3 IN 1: Learn How To Follow A Ketogenic Diet And Lose Weight Fast With 50+ Amazing Ketogenic Recipes (FREE Bonus Included) BOOK #1: Ketogenic Snacks: Top 30 Amazingly Delicious Healthy Ketogenic Snacks Recipes For Weight Loss As far as weight reduction, perfect support will come about because of an eating regimen of balance, way of life changes, and consistent activity. The ketogenic eating methodologies utilized for controlling the prescribed youngsters to be discharged from the eating routine following a greatest of two years. While ketogenic weight control plans have demonstrated the event of less seizures, drugs likewise warrant positive results. As restorative leaps forward and new eating regimen prevailing fashions keep on surfacing, one must be watchful and scrutinize completely before assuming undesirable dangers. Following are the points which have been discussed in detail in this book: An introduction to ketogenic diet and snacks Facts and effects along with benefits which...

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