



Ketogenic Diet for Beginners: All Truth, Pros and Cons of Ketogenic Diet: (Low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb)

By George Kinney

Createspace Independent Publishing Platform, 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 For Beginners: (FREE Bonus Included) All Truth, Pros And Cons Of Ketogenic Diet If you are looking to learn more on what the pros and cons of the ketogenic diet plan are then this book is going to answer you questions and concerns surrounding the ketogenic diet plan and so much more! I can start by saying that this is a diet plan that it s benefits certainly outweigh the cons. If you are truly interested in making some positive lifestyle changes the ketogenic diet plan might be that boost you need to get you moving in the right direction towards good health. We will look into: What is the ketogenic diet? Permitted Foods on Ketogenic Diet The Pros and Cons of Ketosis Alcoholic Drinks that are Compatible with Ketogenic Diet Sweet Treats that are Keto Friendly Physical Activity the Ketosis Process Download your E book Ketogenic Diet For Beginners: All...



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