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Ketogenic Snacks to Go: 30 Delicious Low Carb Snacks You Should Grab If You Are on Ketogenic Diet: (With Carb Counts, Ketogenic Diet, Ketogenic Diet for Weight Loss, Ketogenic Recipes, Low Carb Snacks

By Adrienne Wingazer

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Ketogenic Snacks To Go: 30 Delicious Low Carb Snacks You Should Grab If You Are On Ketogenic Diet We all want to lose weight and feel good about ourselves and how we look. We spend hours working out, we buy the right foods, we do the right things, but there always seems to be that one little issue that keeps coming back hand keeping us from reaching our goals. What is this issue? Hunger. Every day, right about the same time, it strikes, and it can do a lot to change how our day goes. We have two options, ignore it and deal with the lack of focus and being in a bad mood, or we eat something and say goodbye to meeting our caloric goals for the day. It seems like there is no way around this, but there is. This book is filled with recipes that are low carb and ketogenic diet friendly, so you can eat your snacks, lose the weight you want to lose, and say goodbye to that nagging hungry feeling that likes...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and i suggested this book to find out.

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