



The Keto Diet Cookbook: The Ultimate Guide to Living a Healthy Life, Lose Weight with Low-Carb/High-Fat Diet (Paperback)

By Jessica C Harwell

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you re ready to live a healthy life, you must read this one now. Do you know that you can feel more energy, lose fat and become healthier by eating a high-fat, low carbohydrate diet? This easy-to-use cookbook will walk you through step-by-step what you need to do to kick your glucose addiction today and start on a Ketogenic Diet. This book is a MUST for anyone looking to get health benefits of Ketosis, insulin stabilization and tons of energy! Here s what you ll get from this book: 1. More than 100 delicious tasty Keto Diet recipes for breakfast, lunch, dinner 2. How to lose weight easily stay healthy 3. Many exercices tips on fitness, yoga, stretching 4. A day to day planning of your meals for 30 days that will help you to control what you eat 5. How Ketogenic diet works 6. What to eat and avoid, shopping list Try Keto today and use the tasty recipes inside to help you meet your health and fitness goals.



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