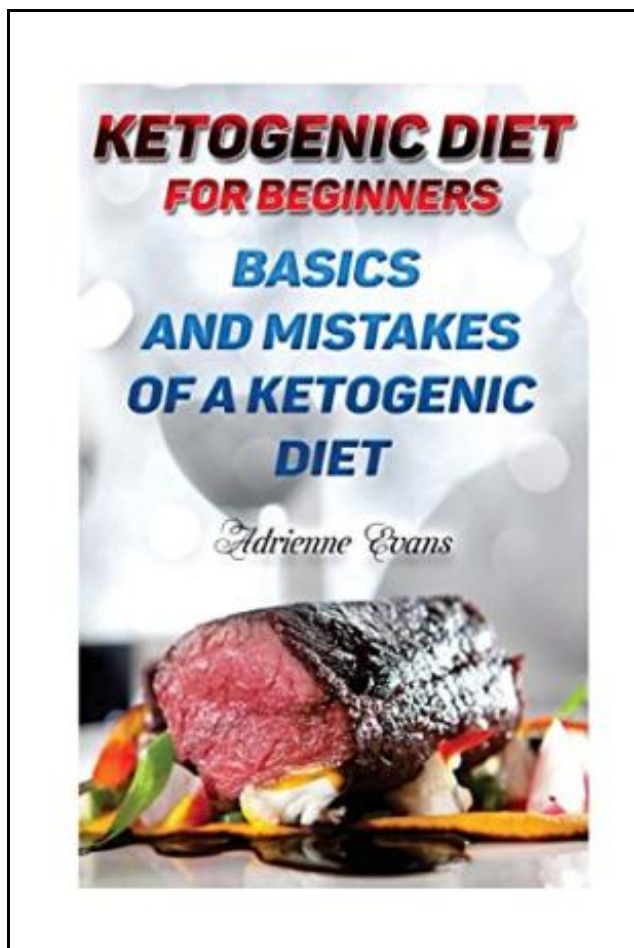


Ketogenic Diet for Beginners: Basics and Mistakes of a Ketogenic Diet: (Lose Belly Fat Fast, Ketogenic Diet for Beginners, How to Lose Weight Fast, How to Lose Weight for Women)



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It's been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.


(Prof. Loyce Runolfsson Jr.)


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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 For Beginners (FREE Bonus Included) Basics And Mistakes Of A Ketogenic Diet There are a lot of diets out there, and they all promise to deliver the results that you want. Of course, you don't really care what you are doing, as long as you lose the weight that you have been wanting to lose. The problem with these diets is that they are always so fast on the outset, and they seem to deliver the results that you have been wanting, but if you deviate from them at all, they don't work. This is something that is very disheartening, especially if you have been struggling with this for a long time. Well now is your chance to start a diet that not only works, but one that you can stick with. Why? Because this is a diet that is so much more than a list of foods that you can't and can eat. This is a diet that is a lifestyle. Originally, this is a diet that was created to help people with various illnesses, including epilepsy. This isn't a diet plan, this is a way of life, and it is one that is designed to be easy to follow. The problem is, there are still mistakes that you can make, especially as a beginner. That is where this book comes in. Teaching you everything you need to know from the basics of the diet to the common mistakes first time users make, by the time you reach the...

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