



Ketogenic Diet: Your Quick Start Guide to Losing Weight, Beating Cravings, and Turning Stubborn Fat Into Energy

Kim Dewalt

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Looking for a natural and healthy way to lose weight and live healthier? Look no further than the Ketogenic Diet! This diet plan is great for experienced dieters as well as those just getting started. The Ketogenic Diet is not a fad diet, but an effective, proven way of shedding the pounds and getting in the best shape of your life! This guide introduces you to the Ketogenic Diet in a easy to understand way. Learn everything you need to know to get started with this new, healthy lifestyle! All the basics are covered in this book and after reading you'll be well on your way to improving your health in no time! What's Inside The Book: What you NEED to consider before starting this diet. Benefits of the Ketogenic Diet. Is the Ketogenic Diet dangerous? How to start a Ketogenic Diet in 16 simple steps! Foods that you MUST avoid to succeed with this diet. ...And More! You are just a few seconds away from taking the first step towards improving your health and your LIFE! Scroll up and click "Buy Now" to get started!

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