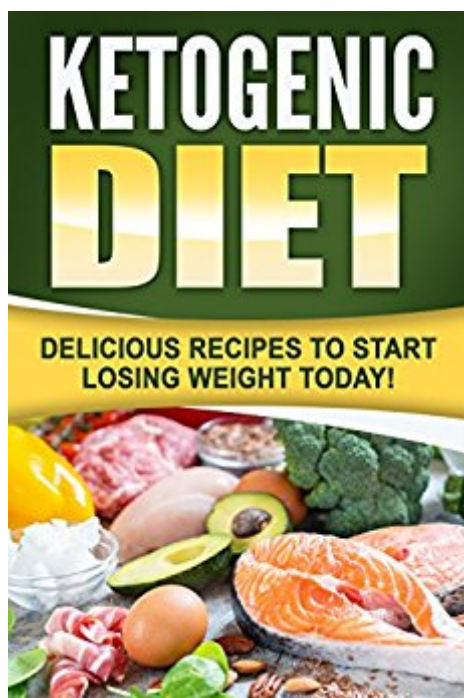


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# Ketogenic: Delicious Recipes To Start Losing Weight Today!



## Synopsis

Start Losing Weight Today! When hearing or reading about low-carbohydrate diets, you may have encountered the word "ketogenic diet". There is an increasing concern about this topic. Are all low-carbohydrate diets considered as ketogenic? Is it beneficial or detrimental to health? What types of foods constitute a ketogenic diet? What are the cons and pros of a ketogenic diet? The Ketogenic Diet has become very popular these days for several reasons. Aside from weight reduction, they are now the subject of studies as a way to prevent or treat other health conditions. In "The Ultimate KETOGENIC DIET Recipes!" you'll learn how to successfully prepare and cook easy and delicious ketogenic recipes. This book also contains comprehensive information about the ketogenic diet and its benefits. Here is a preview of what you will learn... Ketosis and Ketogenic Diet - An Overview The Health Benefits of Ketogenic Diet Ketogenic Diet Food List Some Delicious Ketogenic Recipes Tips in Maintaining a Low Carb Diet Much, much more! Download your copy today!

## Book Information

File Size: 2444 KB

Print Length: 76 pages

Publication Date: July 11, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073WM66VH

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #623,779 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #31

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