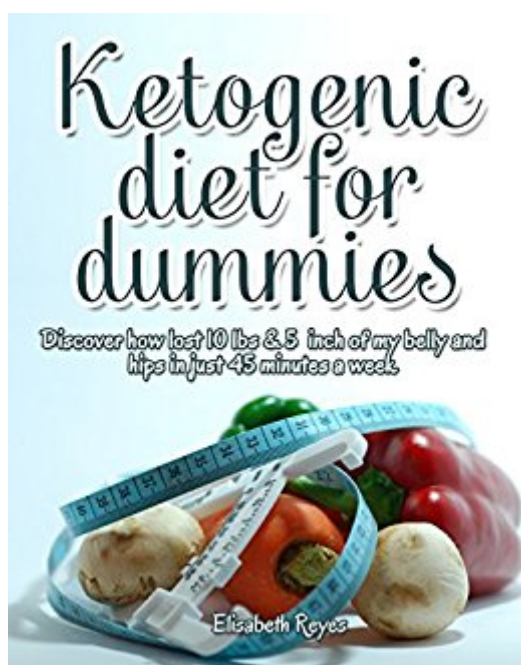


The book was found

Ketogenic Diet For Dummies: How I Lost 10 Lbs & 2 Inches Off My Belly And Hips In Just 45 Minutes A Week (My Fitness Program Weight Loss And Build Muscle By Martin Jackson)



Synopsis

Lose Weight and Achieve the Body of Your Dreams! Get this book for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Now including a Bonus Section right after the Conclusion! Grab Your Copy Today! Are you looking for a way to burn body fat while still eating delicious foods? Improve not only your health, but your self-esteem? Discover a dietary approach that actually works? Whatever your reasons for wanting to pick up a copy of *Ketogenic Diet for Dummies: How to Lose 10 lbs and 2 in of Belly Fat and Hips in Just 45 Minutes a Week*, this guide will walk you through everything you need to know to lose weight fast! If you've struggled for years to get the body you want – why not try what really works? With this book, you'll discover: The science behind low carb diets. Which foods to avoid and which foods to enjoy. Tips for keeping the weight off long-term. Important considerations before starting a ketogenic diet. Lose weight and feel great about your body! With *Ketogenic Diet for Dummies: Discover How to Lose 10 lbs and 2 in of Belly Fat and Hips in just 45 Minutes a Week*, you won't believe how quickly the weight comes off. Download your copy now and jump start your fat loss!

Book Information

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Customer Reviews

Sorry but this book was silly. I thought it would give me diet examples. It tell me about the diet and what it can do for you . It tells you that it will do for you. That was all. No examples in meal. No real sample of foods. How much to eat. This was worthless. So sorry

Love it

Not only does the title need editing, but the whole 34 pages did not give me any examples or how to figure out how much food I should eat. Also, I don't need to buy the next over priced book to see how *you* got abs... Overall, this book was lame and unhelpful.

Was looking for real suggestions on how to do the keto diet. Examples of recipes and meals. Not just the food list I found on google along with the same info Wikipedia gave me.

Good read. Will read more books to be better informed. My hubby and I will do his together for the he next 3 months

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