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# The Ketogenic Diet: The Essential Guide To Start Your Keto Lifestyle Effortlessly



## Synopsis

Lose Weight Effortlessly Without The Hassle What if a few tips and trick with a simple diet could result in major changes in your physical appearance? What if you found a guide that will help you explain what thousands of people already know? "What's that?", I hear you think. We, from The Health Project, will help you get the information you need to get it right this time! No nonsense, just everything you need to know, step by step. It's plain and simple: Track your calories, cut on your carbs, eat more protein and fats and enjoy every moment of your day. If that isn't simple enough, we have included recipes for you to follow so you know you're going to hit your weight loss goals. This book will get you all the information you need to get the best out of the ketogenic diet. Need to get in shape fast? We got you! Buy this book NOW to lose weight effortlessly without all the hassle! Pick up your copy today by clicking the BUY NOW button at the top of this page!

## Book Information

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Weight Loss > Diets > Ketogenic

## Customer Reviews

Knowing the right and health way to lose weight lies at the core of this book as you enjoy the essential recipes as well laid in this guide book. The book will help the novices with information as to why they should consider this diet.

for laying out a simple but well-defined concept, it's final. I'll be consulting only this piece for now. of course, tracking our calories may be time-consuming and all but the book has few handy tips on how to go about it the right and easy way.

I'm giving it 3 stars because it's informative. The recipes don't give nutritional value and most don't have the serving size.

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Adapted (Fasting Ketosis Book 1)

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