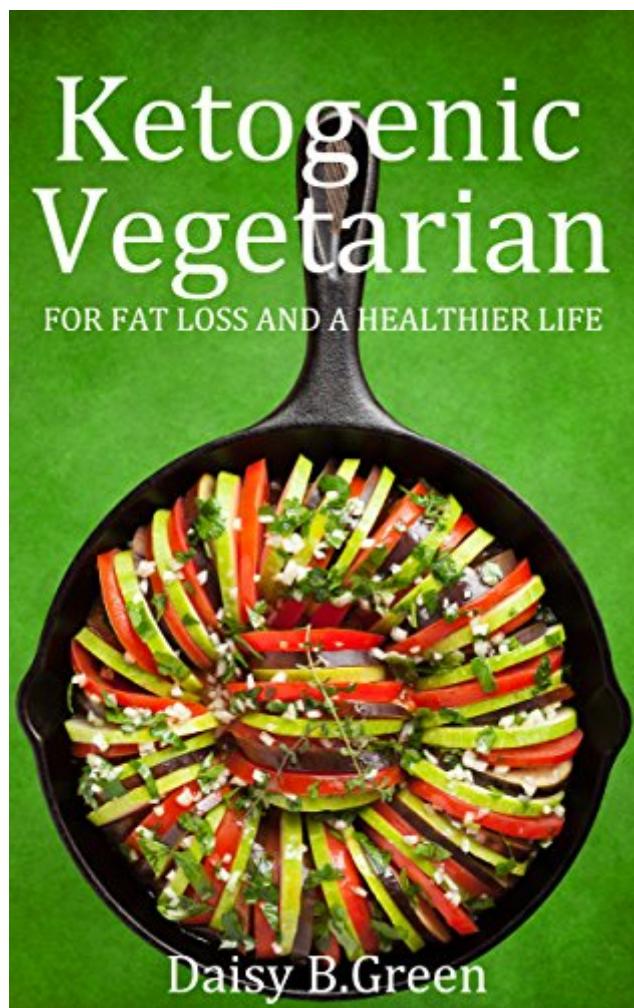


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# Ketogenic Vegetarian: For Fat Loss And A Healthier Life



## Synopsis

Download this book to get free bonus, you will like it. Read For Free With Your Kindle Unlimited! Do you think you still want to lose fat as you have failed too much time before? Do you want to keep the fat away from your bum, belly and thighs? Don't you want to be slimmer or stronger than before? How about I told you that you could lose weight fast, feel more better, look more beautiful or handsome, be more energy, less pain, boost your sex enthusiasm, keep away from the disease, be longevity? Ketogenic Vegetarian will be your answer, you will get what you want. You will know the basic knowledge of ketogenic diet, the benefits of keto diet and the benefits of being a vegetarian. All of the recipes in this book are so easy and simple, and so powerful to you. Not only it suit for ketogenic dieter or vegetarian, they are also suit for anyone who want to have a healthier life. This Amazing ketogenic vegetarian book will give you an absolute body changeover without any supplements, workouts or high price ineffective fat loss pills. It can work on anybody, no matter what weight, body shape, and body type you are. It also will lower your risk of cancer, lower your blood pressure, lower your cholesterol, and be energitive! Ready to try this amazing book to make amazing change to your life? I have already written everything I know into this book with so many years experience, it will slow down the speed of aging, and makes you younger and beautiful. You will benefit from it as much as I do. Amazing results you will see when you stand before the mirror in next few weeks. I have already made this book to lead anyone from new comer to professional. So you can know what foods to eat and what to avoid, helping nourish properly and support long lasting fat loss, anti-aging, boundless natural energy and a better mood. The book you will get is full of powerful information which is easy to understand, happy to use and designed to give you maximum effectiveness in minimum time. So what benefits will you get by following this program?

1. Better your skin, looks younger, less wrinkles and discoloration of acne
2. Rapid fat loss without exercise
3. Reduce inches from your overall body measurements
4. Sleep better and wake up easier and timely
5. Increase body energy level with no coffee or any other pills
6. Lower your blood pressure, cholesterol, and lower the risk of cancer
7. Do help to diabetes, epilepsy, and make your brain clear everyday

What will you find inside of it?

1. A quick overview of ketogenic diet and its benefits
2. What is vegetarian and its super benefits
3. Complete nutrition values, step by step procedure of each recipe, even an idiot can make all of these recipes
4. Over 50 very easy and delicious recipes will keep you slimmer and healthier
5. most of the recipes are quick and easy to make, it will save you too much time
6. All the ingredients of this recipes are not in high price, it will save you much money. And much more!

If you really want to be more younger, more energy, more strong, and become the best you wanna

be. Then get this book, or you will be sure to waste time and money to other books, which maybe dangerous and no any effect for you. Never stay and wait to let the chance disappear! Start making your smartest investment. An investment for your future and your health. Catch the chance to get this copy by click BUY NOW button at the top!

## **Book Information**

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## **Customer Reviews**

Edit much??? I couldn't get to the information without encountering massive amounts of typos. It was a TOTAL turn off. If I make it through the book, I'll update my review.

from the book" Being vegetarian meat intake has to be cut down too." Besides being poorly written with plenty of grammatical errors, I don't know of any vegetarians that eat meat let alone" cut down on the intake."I was looking for healthy keto recipes, but found a book laden with recipes calling for liquid Stevia, sugar free bbq sauce, low fat sour cream, skim milk. If you are truly looking for a keto recipe cookbook, keep looking.....

This book was a huge disappointment. Some of the recipes are repeated with just one spice being altered. The grammar mistakes and typos were endless! The cover looks professional but the interior is no. I do not recommend this book.

I'm glad I got this for free with Kindle Unlimited. I didn't get beyond the introduction b/c it needs some serious editing. It reads like the author's first language is not English. Which is ok... but if you're going to self publish to English speaking audiences, it may be best to have someone edit it for you. Especially if the book is intended to instruct/educate rather than just entertain.

As other reviewers have pointed out, vegetarians who read this book can learn from author "Daisy B.Green" (seriously?) that they really need to eat less meat. A simple read of the promotional copy on the page and a look inside at the introduction and chapter titles reveals that this book was written by a non native English speaker without any real editing. Also suspicious, most of the reviews (just look at the headlines) are also written by non native English speakers. The "publish your own Kindle book" trend is beginning to impact the quality of 's printed books, too, it appears. Appalling. needs to start taking more responsibility for their wares.

Dreadful; there were so many typos on the first page, it was impossible to read. So disappointed.

I haven't even read the book... I just can't get over how most of the reviews seem to be written by the same person! Same format, many errors in spelling & syntax... maybe written by a non-English speaker??? And the legit reviews note many spelling errors also. Just weird...

Ketogenic diet is one of the best diet. I am practising it for a year now and I have seems to be healthy and energetic. This new ketogenic diet is little different from my other books, its comes with some vegetarian diet. This amazing ketogenic vegetarian book will give you an absolute body change over without any supplements , workout or high priced ineffective fat loss pills. You will know the basic knowledge of ketogenic diet , the benefits of keto diet and the benefits of being a vegetarian through this book. This book also provide some good tasty vegetarian recipes which are so easy to prepare. I have some good time with this diet book. Everyone needed to try this book once.

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Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Vegetarian Keto: Start a Plant Based Low Carb High Fat Vegetarian Ketogenic Diet to Burn Fat Easily and Increase Insulin Sensitivity (Simple Keto Book 5)

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