



Ketogenic Diet: Ketogenic Diet Cookbook: Your Weight Loss Journey - The Low Carb Recipe Cookbook For Fast Effective Weight Loss - A Beginners Guide (Ketogenic ... Loss, Ketogenic Cookbook, Paleo Diet)

J.S Peters

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The human body was not made to deal with the numerous forms of processed foods that we consume on a regular basis. In fact, it has to struggle to adapt to all of that processing and in the course of that struggle it sometimes just can't do it - the result?

Everything from simple food allergies to lifelong handicaps – it's terrifying to think of but what we decide to treat our body can and will decide how our body decides to treat us in return.

Which is why we are bringing to you “Ketogenic Diet – Your Weight Loss Journey!” a quick and easy guide to help you eat and enjoy a list of event specific healthy Keto-Diet approved recipes, for you to use and adapt to your hearts content!

So are you ready?

Your Weight Loss Journey Overview:

- Why the Hype?
- Background Knowledge
- The Ten-Minute Cheat-sheet!
- Delicious Keto Recipes For A Healthier Life
- Far From Your Regular Diet
- Much, much more!

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Carolyn Franklin:

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Christopher Palmer:

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