



Ketogenic Diet: The Beginners Guide For Fast and Easy Weightloss With Low Carb Ketosis (Fitness, Low Carb, High Fat, Meal Plan, Cookbook, Dream Body, Motivation)

Jorge E. Waters

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Ketogenic Diet - The ultimate way for easy and sustainable weight loss!

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You're about to discover how to get the body you **really** deserve! You want to impress that one person, live healthy and be more productive? Forget all these "Diet Gurus" because this book shows you fast and easy what you need to do in order to get the success everybody wants, **you need this book!** So many people complain about their belly fat, their wide hips or their small muscles, but nobody knows, that it is in fact easier than anybody thinks. Just follow these perfectly ordered steps to accomplish your goals of a fit, healthy and aesthetic body.

Here Is A Preview Of What You'll Learn...

- What exactly is Ketogenic Diet
- All the health benefits of a Ketogenic Diet
- What to Eat and what to avoid
- The best and healthiest Ketogenic Diet **Breakfasts**
- The best and healthiest Ketogenic Diet **Meals**
- The best and healthiest Ketogenic Diet **Desserts**
- And much more!

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