



Ketogenic Diet for Weight Loss: A Beginners Guide to the Ketogenic Diet for Rapid, Effective Weight Loss (Paperback)

By Megan Lacey

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Are You Frustrated With Stubborn Body Fat and Restrictive Diets That Don't Produce Results? Discover The Secrets to Rapid and Sustainable Weight Loss with the Ultimate Guide to the Ketogenic Diet Dear friend, My name is Megan Lacey, and I want to show YOU how to you can finally lose your stubborn body fat and keep it off for good. All while drastically improving your overall health, energy and focus! Complete With A 15-Day, Done-For-You Meal Full of Simple and Delicious Fat Burning Recipes! I'm going to take you by the hand and show you exactly how to start burning fat NOW with the extremely effective Ketogenic diet. If you follow the simple, yet counter-intuitive guidelines and principles in this guide, you WILL achieve that lean, flat and toned body you've always wanted! Inside You'll Discover. The reason why conventional dieting advice is backwards, and what to do to ensure that you start burning fat today! A comprehensive list of the foods that you can and cannot eat on a Ketogenic diet. 31 Delicious, Keto-friendly...



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