



## Ketogenic Diet: 58 Delicious Low Carb Ketogenic Recipes for Fat Burning and Permanent Weight Loss! (Paperback)

By Hannah Parkes

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Who says dieting is dull and boring? Thanks to this book -Ketogenic Diet: 58 Delicious Low Carb Ketogenic Recipes for Fat Burning and Permanent Weight Loss, the idea of losing weight has become delicious . This book is written to provide the readers a whole new perspective in dieting, fat burning, and permanent weight loss. These are all achievable without having to sacrifice what people are naturally fond of doing - EAT! Yes, this book offers 58 mouth-watering easy recipes that you can instantly try at home. There is no need to be an excellent cook to recreate these dishes - the ingredients are easy to find, the methods are simple, and most importantly, they are perfect for your goal of achieving permanent weight loss. So, what can you expect from this book? - Easy-to-understand explanation of the principle behind Ketogenic Diet - List of foods that will help you achieve Ketosis - List of foods that you should permanently forget - Know how Ketogenic diet can be beneficial to you and your loved ones - Low-carb recipes you...



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