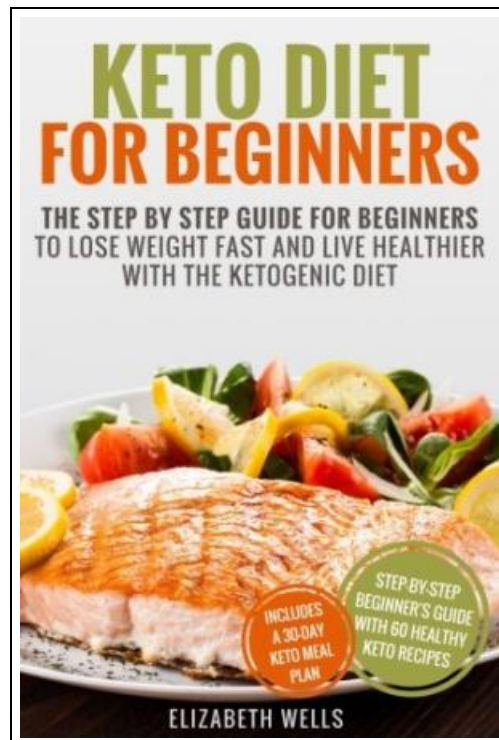


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KETO DIET FOR BEGINNERS: THE STEP BY STEP GUIDE FOR BEGINNERS TO LOSE WEIGHT FAST AND LIVE HEALTHIER WITH THE KETOGENIC DIET (PAPERBACK)



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Did you know you can lose weight by eating fats? Let's face it, so many people are already in love with this high-fat, low carb diet these days, but there's so much information out there that it can be very overwhelming to figure out how to follow the ketogenic diet without making the most common mistakes. If you're interested in the keto diet, but don't know where to start, look no further. In this beginner's guide you'll find everything you need to know to start a keto diet and be successful on your dieting journey. This book will take you step by step through the fundamental principles of the keto diet, will answer all the most common questions and will teach you what foods to eat and what to avoid without being too complicated or overwhelming. After reading this book, you will be well on your way to entering the state known as ketosis and jump-starting your new weight loss regimen on the Keto lifestyle. In this guide you'll find: A Step-by-step Process To Start A Keto Diet The Right Way History And Fundamental Principles Of The Keto Diet How The Ketogenic Diet Works And What You Need To Start Today A 30-day Meal Plan Template To Guide You With All The Recipes You Need 60 Healthy Ketogenic Recipes For Healthy Breakfast, Lunch, Dinner, Desserts, Snacks And Salads A Complete List Of Foods You Should And Shouldn't Eat All The Health Benefits You'll Get By Going Keto How To Avoid The Common Mistakes All Beginners Make While Starting The Keto Diet Ketogenic FAQs: Answers To All The Most Common Questions About The Ketogenic Diet You will learn all about ketogenic, fasting,...



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