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KETOGENIC RECIPES: THE COMPLETE KETOGENIC DIET GUIDE, WITH MORE THAN 40 HIGH FAT RECIPES AND MEAL PLAN TO BECOME HEALTHY AND SHREDDED (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ketogenic Secret Keto Diet Is The Way To Make You Healthy, Happy and Lose Tons Of Weight Amazon best-selling author, Amy Rodriguez, health coach who has been helping people all over the world. She represents a new health-conscious way of cooking that includes eating as many vegetables as possible, getting enough protein and limiting indulgences such as highly processed carbs. Benefits of...

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- Authored by Amy Rodriguez
- Released at 2017



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