



Ketogenic Diet BOX SET 2 IN 1: Eat Bacon - Lose Weight! Everything You Have To Know About Ketogenic Diet + 30 Super Satisfying Low Carb High Fat Recipes ... diet, paleo diet, anti inflammatory diet)

Batya Atkins, Pamela Baker

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Ketogenic Diet BOX SET 2 IN 1: Eat Bacon - Lose Weight! Everything You Have To Know About Ketogenic Diet + 30 Super Satisfying Low Carb High Fat Recipes And 5 Keto Desserts.!

BOOK #1:Ketogenic Diet: Eat Bacon - Lose Weight. 30 Super Satisfying Low Carb High Fat Recipes For Rapid Weight Loss + 5 Keto Desserts.

This is a great cookbook that is full of great tasting healthy recipes that are going to help you to lose weight fast. You will not feel like you are dieting at all when you see the recipes that you will be indulging that are in this cookbook. You will enjoy these diet recipes because they will not make you feel deprived in anyway. You are going to enjoy and feel satisfied with the meals that you will be eating from this fantastic collection of ketogenic recipes. There is also 10 bonus ketogenic desert recipes included, this is just a way of saying thanks for downloading my book.

Why you should download this book. If you are truly interested in making some positive changes in your diet, then using this cookbook will help to guide you in making sure that you are choosing your meals from a good diet selection. The meals that are offered in this cookbook are all based on the ketogenic diet. The diet helps in producing ketones in your liver that will be a healthy source of energy for you. The Ketogenic diet is referred to by other names such as low carb high fat diet or low carb diet. If you are concerned about developing diabetes I would suggest that you seriously consider the ketogenic diet, this will help to greatly reduce your chances of developing diabetes as well as other health conditions. If you stay on a healthy diet plan like this one you are going to feel healthier and be healthier.

BOOK #2:Ketogenic Diet: Best Way To Lose Weight! Everything You Have To Know About High Protein Diet: How To Start, What To Eat + 3 Ideas Of Day Meal Plans.

Have you tried countless diets, and then failed to stick to them for long enough to get your desired results? Have you spent weeks losing weight, and then gained it all back in a matter of days? Are you tired of counting calories, measuring portions, and eating boring foods while everyone around you seems to be gorging themselves and staying enviably thin? Before you totally give up ever reaching your ideal weight, try the straightforward diet described in this book.

The Ketogenic Diet is not a fad, requires no special shakes or supplements, and you don't have to pay anyone a fee to learn its guidelines. All you have to do is give yourself some time to read this book, and then you can start following the Ketogenic Diet as soon as today! The Ketogenic diet is simple to follow, easy to stick to, and will leave you feeling full and satisfied while you watch your extra weight drop away.

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