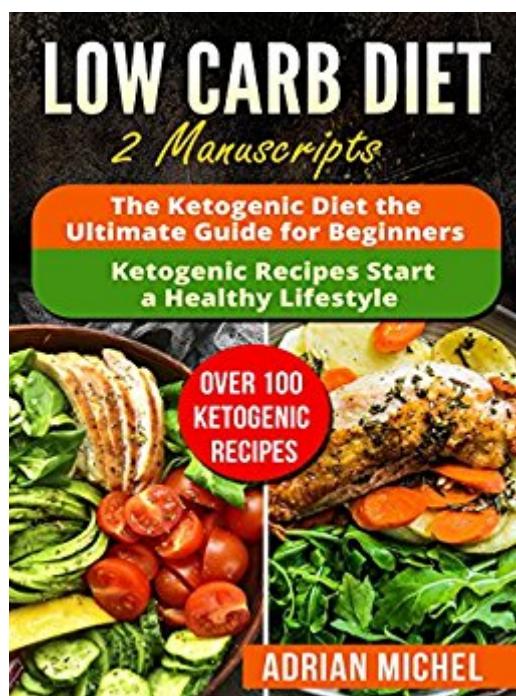


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# Low Carb Diet: 2 Manuscripts The Ketogenic Diet: The Ultimate Guide For Beginners And Ketogenic Recipes: Start A Healthy Lifestyle



## Synopsis

How would you like a diet that not only gives you a healthier body, but helps you lose weight in the process? That's exactly what you will get with the Ketogenic diet! Join the millions of happy customers who have tried the Ketogenic Diet and enjoy this fantastic get-started guide. Inside, you'll learn all about the Ketogenic Diet, including what it is and specifically how it helps your body. There are 10 quick tips to get you started on the diet today, as well as the necessary ingredients you can find at any grocery store, and more than 100 easy recipes. No diet is complete without ways of making it your favorite eating plan ever (which makes it work since you stick to it!), so that's in here, too. Live healthy and live well with this complete guide to the Ketogenic Diet. What are the Benefits of the Ketogenic Diet: An increase of energy levels, Rapid weight loss with no exercises needed, Younger and better looking skin (less wrinkles, less acne), Better sleep at night and easier wake ups. This Complete Guide contains: Tips to Get Started Fast, A Complete Ketogenic Diet Shopping list to get you started Fast, Basic and easy Ketogenic Recipes, Over 100 Step by Step Easy High Quality Ketogenic Recipes. If you truly want to change your life for the better, lose weight and have a healthier body then read this quick starter book and start investing in yourself now. Enjoy your read!

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