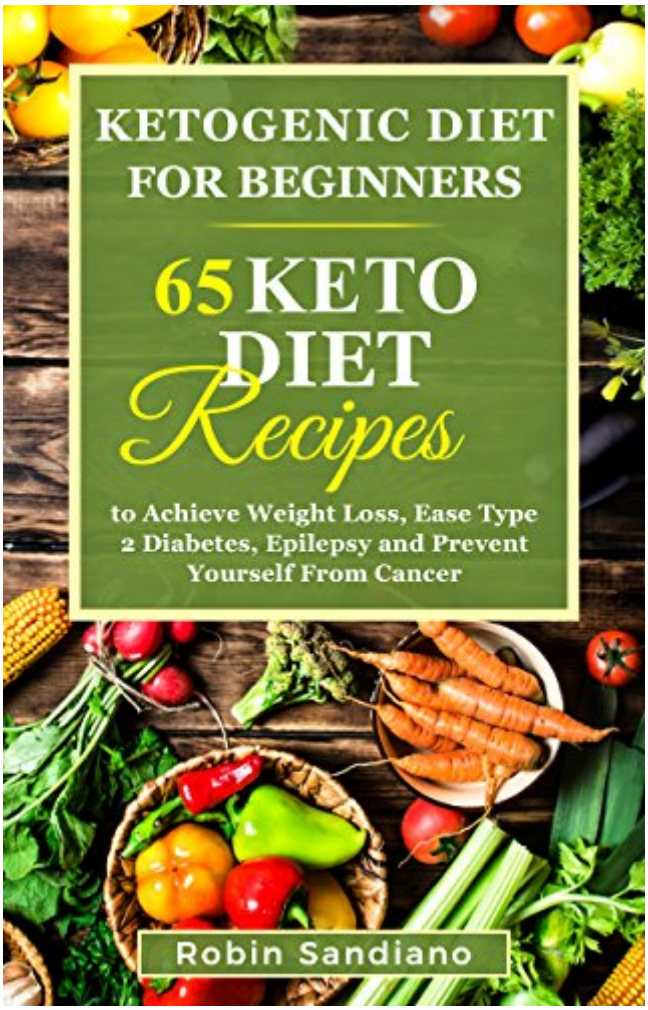
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Ketogenic Diet For Beginners: 65 Keto Diet Recipes To Achieve Weight Loss, Ease Type 2 Diabetes, Epilepsy And Prevent Yourself From Cancer



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Synopsis

Have you ever wondered, day by day youÃ¢â ¬â„¢re gaining weight, your body is getting weak, your Blood sugar level is increasing and you donÃ¢â ¬â„¢t know what to do for it? Yes, you got the answer you have to do some physical exercises in order to burn your fat and keep your body fit. Are Physical exercises enough to maintain your body shape?No, you will need a Proper Diet to maintain your body. Here comes, Ketogenic Diet For Beginners: 65 Keto Diet Recipes to Achieve Weight Loss, ease Type 2 Diabetes, Epilepsy and Prevent Yourself From Cancer. The ketogenic diet has been proven to be highly beneficial for our bodies and to even control and prevent some serious diseases. If you are convinced that preventing epileptic seizures, Type-2 diabetes, Cancer and achieving weight loss through diet cannot be possible, you may be in for a pleasant surprise if you use the recipes that can be found in this Ketogenic Cookbook.This Ketogenic Cookbook is made for beginners, and it will teach you everything you need to know about Ketogenic Diet and its importance for our health. It will also reveal you the way to use this diet in order to control and prevent certain deadly diseases. Ketogenic diet is not restrictive and there are many different recipes that you can try. In total, this book consists of 65 Keto diet recipes for beginners that you can easily recreate at home! TheyÃ¢â ¬â„¢re delicious, healthful and they will help you lose weight and keep your body healthy. If you are considering a ketogenic diet for yourself, maybe you think you wouldnÃ¢â ¬â„¢t have the strength to exercise. Maybe you think you couldnÃ¢â ¬â„¢t possibly stick to a strict diet. DonÃ¢â ¬â„¢t worry about either one of those things because two of the three forms of the modern ketogenic diet allows some carbohydrates in the diet. You will find out about all three of these diets in this book.This Ketogenic Diet Cookbook provides you withÃ¢â ¬Â¢65 healthy Low carb, High-fat recipes for a Keto lifestyleÃ¢â ¬Â¢Ketogenic recipes for Breakfast, Lunch, Snacks and DinnerÃ¢â ¬Â¢Nutritional information for each recipeÃ¢â ¬Â¢Preparation time, cooking time and number of serving for each recipeThese recipes will also slow down and decrease the symptoms of type 2 diabetes patients and they will prevent cancer. As for epilepsy sufferers, they will have less seizures and the low carb, high-fat recipes gradually burn the fat in your body to lose weight in order to achieve Weight loss. Thanks to Keto diet! To control such diseases, try the Keto diet recipes and youÃ¢â ¬â„¢ll definitely see results.It would be worth the small amount of money you would pay for Ketogenic Diet for Beginners: 65 Keto Diet Recipes to Achieve Weight Loss, ease Type 2 Diabetes, Epilepsy and Prevent Yourself From Cancer cookbook to have some recipes you could try out to see whether this diet would help you or your loved one. Tags: Ketogenic Diet, Keto Diet, Keto cookbook, Ketogenic diet for Weightloss, Ketogenic Cookbook

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Customer Reviews

You will be glad to hear to know that Ketogenic diet is becoming popular day by day. And this book has gathered very informative tips and description about Ketogenic diet and it’s several benefits. This book is quite short but has the most important information. You will find several recipes for the book.

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