



The Ketogenic Diet A Deliciously Satisfying Eating Plan To Lose Weight, Flatten Your Belly and Feel Great

By Jennifer Williams

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 90 pages. Dimensions: 8.7in. x 5.9in. x 0.5in. The Ketogenic Diet is The Food Lovers Answer to Lose Weight Fast Inside you will discover just how easy it is to lose weight with the low carb, Ketogenic Diet Plan. You will learn how your body reacts to carbohydrates, fats and proteins and how to make that work for you to lose excess body fat. If you've tried dieting and failed more times than you care to think about, then you owe it to yourself to give the Ketogenic Diet a try. You should have no reason after reading this book to not know why this low carb diet works, how eating less carbs will help you lose weight and how to quickly and easily lose those extra pounds while eating foods you love. Want to lose weight fast Need to lower your blood sugar Then learn how to crank up your body's metabolism and turn it into a fat burning machine. Learn how bad carbs are the reason you just can't seem to drop those pounds and tone your body. Find out why you are still...



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