



Ketogenic Diet: Delicious and Easy Recipes (Paperback)

By Mr Earl Standlee Ontuwa

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. You re curious about the Ketogenic Diet, and you re wondering if it s for you. You re a little or a lot overweight but ready to, lose it. You want to get your diet, your body, and your life back under control again. You want high energy and fat loss without having to feel hungry all the time because you ve been down this road before. You ve restricted your diet, counted calories, and maybe even cut out gluten. You lost some weight, but then you gained it right back. You re tired of feeling hungry, worn out, and riding a roller coaster of weight loss and weight gain. What if I told you that there is a diet out there that will melt the fat right off of your body? At the same time, you get to feel full and eat really delicious food. It may seem hard to believe, but it s true! The diet is called the Ketogenic Diet. What is Ketogenic Diet? It s a simple concept based on one truth. It s something,...

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