



## The Ketoart: 30 Days Ketogenic Meal Plan: Lose Up to 30 Pounds with 40 Tasty Keto Recipes (Paperback)

By Bruce Warner

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Lose Up To 30 Pounds with a Unique 30 Days Ketogenic Meal Plan Have you ever faced the problem of endless diets and restrictive plans? Would you like to lose weight quickly and make the figure perfect? Use the unique Ketogenic Diet Plan and start living a full life! Bruce Warner spends a lot of time and energy on research and he presents remarkable findings of his study of effective ketogenic diet. Bruce will give you a unique 30-day plan of ketogenic diet with tasty and simple recipes that will help you quickly lose weight! 30 Days Keto Meal Plan includes 40 tasty recipes, such as: Zucchini with Tuna Broccoli Mushroom Mix Egg Muffins Salmon in Marinade Chinese Style Chicken Rolls Lava Cake Buy this book NOW to improve your health and start living a full life!.

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