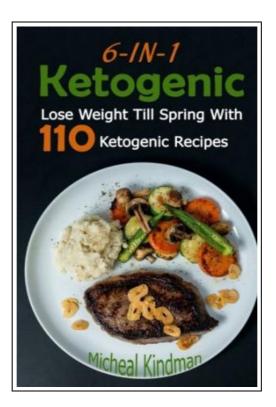
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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 240 pages. Dimensions: 9.0in. x 6.0in. x 0.6in.Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes Book1: Low Carb 101: Low Carb Diet - Proven Way to Lose 15 Lbs (7 KG) In Two-Week Challenge Without Even Trying Are you struggling to shed your extra pounds You are not alone because numerous people are struggling to get rid of stubborn fat of their body. Various diets are available in the market, but each diet has its benefits and limitations. You have to focus on one formula eat fewer calories and burn more. Low carb diet is a good way to recycle carbs and increase your metabolism. This diet will help you to reduce your weight quickly and improve your overall health. The low carb diet is extremely helpful for everyone to increase their metabolism and melt your body fat. In this book, you will learn the principles of low carb diet and follow it to reduce weight. Low carb diet has been scientifically proven to result in better health and more weight loss as compared to low-calorie and low-fat diet. This book offers: Book2: Low Carb Casseroles: 25 Super Delicious Low Carb Casseroles for Weight Loss This eBook 25 Super Delicious Low Carb Casseroles for Weight Loss is a great guidance for you if you are looking for weight loss recipes. These recipes fill your stomach as well as make you feel light. This book covers all the aspects from the basic ingredients, the recipe and also describing the health benefits of each main ingredient in the recipe. The book is divided into chapters and there are five top recipes under each chapter. You can choose any you like accordingly. Here is...

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