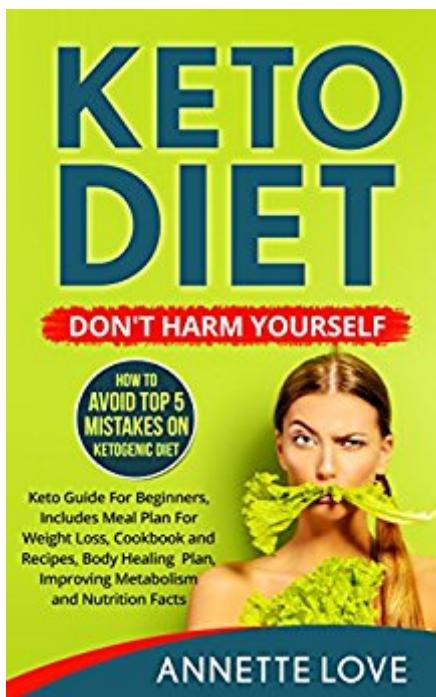


The book was found

Keto Diet. Don't Harm Yourself: TOP 5 Ketogenic Diet Mistakes, The Beginners Guide On Keto Diet, Meal Plan For Weight Loss, Cookbook And Recipes, Body ... (Low-carb, Ketosis, High-Fat, Paleo Diet)



Synopsis

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KETO DIET - DON'T HARM YOURSELF

The ketogenic diet is everywhere. Major celebrities like LeBron James, Gwyneth Paltrow, and Kim Kardashian have come out in support of this diet as one of the ultimate ways to LOSE WEIGHT FAST. It's gained a lot of steam for its SIMPLICITY and its RAPID RESULTS. If you're looking for a KILLER DIET, then you've already found it! However, it's not all fun and games, and if you do keto wrong, you could be in a lot of trouble. So what can you do about that? Well, the long and short of it is that keto isn't a magic diet. There's no such thing. And this book doesn't paint it out to be one. This book tells you everything you NEED TO KNOW about keto as well as all of the IMPORTANT STEPS you need to take in order to do keto SAFELY. By the end, you're incredibly well-prepared to tackle this diet and lose weight to become the person you'd like to be. Pick up this book for a limited time discount of only ONLY \$0.99! , get to reading, and start morphing into the skinnier you today - safely and easily! Here is a preview of what you'll learn...Keto Diet Beginners Guide and Possible ConsequencesHow To Avoid TOP 5 Keto Diet MistakesKeto Meal Plan with Tasty Recipes IncludedHow Keto Diet Can Help To Heal Your Body3 Bonus Chapters IncludedAnd Much, Much MoreSo what are you waiting for? Get the book at the discounted price now - ONLY \$0.99 - AND GET YOUR FREE BONUS!

Book Information

File Size: 1886 KB

Print Length: 66 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 17, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B074XF4B6R

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #31,342 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16
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Customer Reviews

The bottom line is that keto isn't an enchantment eat less. There's no such thing. Furthermore, this book doesn't paint it out to be one. This book lets you know all that you need to know about keto and also the greater part of the important steps you have to take with a specific end goal to do keto safely. Before the end, you're unfathomably all around arranged to handle this eating routine and shed pounds to wind up plainly the individual you'd get a kick out of the chance to be.

I am not used to eating cold food but this was different as i tried the lunch recipes in this book that i had to prepare and put in the fridge to get cold and eat without reheating the food. I was marveled that i enjoyed every bit of the lunch recipes. I am now getting used to eating cold food and also losing weight on the diet.

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