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The Ketogenic Diet: The 30 BEST Low Carb Recipes That Burn Fat Fast!: Lose 15 Pounds with the The KetoDiet Cookbook in Two Weeks or Less! (The Ketogenic ... for Weight Loss - High-Fat Paleo Meals)

Maria Hopkins

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Struggle to Find Time to Make Great Food?

30 DELICIOUS recipes and 2 Weeks Meal Plan

***Feel Incredible and Look YOUR Best with the Ketogenic Diet!!!

Eating fat to burn fat may sound crazy, but ketogenic dieting has many researched benefits!

If you are looking for a magical pill that will make you lose all your extra weight overnight with no effort from you at all, then this is not the book for you.
If, on the other hand, you want to successfully lose weight, improve your health in general, and regain levels of energy you thought that you would never experience again, read on.

Today only, get this Amazon Bestseller for

only $2.99!

Regularly priced at $5.99. Read on your PC, Mac, smart phone, tablet or Kindle

The simple truth is that if you are serious about losing weight, you need to commit to it over a longer period of time. Sure, I could lie to you and say that a ketogenic diet is a painless way to lose weight, but I am not going to do that.

What I will promise you is that, initially at least, this is going to be a serious adjustment to make. There is a very good chance that you will feel as though you are coming down with something in the first couple of days. It is not going to be a walk in the park to start off with.

Download Your Copy Right Now Before It's Too Late and the price goes up!

However, instead of getting upset about these symptoms, be glad of them – it shows that your body is changing the way it does things, and that fat burning will be starting shortly.

In this book, I will walk you through the basics, step by step, and explain why the key concepts are important.

A ketogenic diet works like no other diet on the planet simply because it has such a major impact on the way the body utilizes its fuel.

You can safely lose as much as 15 pounds in a two week period without ever worrying about it creeping back on.

More than that, the ketogenic diet is a sustainable one. I remember doing the “Cabbage Soup” diet. Hands up, who else did? Don’t be ashamed, we are not alone – after all, it was an easy way to lose weight and you could eat as much cabbage soup as you liked.
I did lose a few pounds on that particular diet, but I got to a stage when I simply could not look at another cabbage again – I hardly even eat it now! To add insult to injury, those few pounds I lost came back bigger and better than ever before.

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and select the Buy Button.

The difference with the ketogenic plan is that you never feel hungry and that there is such a variety of food to eat that you never get bored with it. Granted, the idea of giving up pizza and soda may initially make you feel as though you are missing out, but once the benefits start kicking in, you won't even bother with the "bad" foods.

From this book, you will learn the basics of the Ketogenic diet, how to tell if you are in ketosis or not, and why you want to be.
You will also learn how to make some really delicious and easy-to-make dinner recipes for you and your whole family.

If you want your future to be a healthier, slimmer, and more active one, this book can help you get there.

Tags: Ketogenic Diet, Low Carb, Low Fat, Diets & Weight Loss, Keto Diet, HCG DIiet, Weight Loss, Cookbooks, Recipe Books, Weight Loss Recipe Books, Diabetic & Sugar-Free, Nutrition, Health, Fitness & Dieting, Paleo, Nutrition, Vegan, Gluten Free, Epilepsy, Low Carb, Low Carbohydrate, Diets & Weight Loss, Special Diet, Diseases & Physical Ailments, Health, Fitness & Dieting, Cookbooks, Food & Wine, The Ketogenic Cookbook, Ketosis, Cancer

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Anita Cannon:

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Myra Hackett:

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