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Diets: KETOGENIC - Low Carb, High Fat, Recipes, For Weight Loss and Healthy Living (Dinner Recipes, Ketogenic Cookbook, Protein, Diabetes diets, Mediterranean, Diabetes recipes, Lunch recipes)

Joanne Howard

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Unlock the Power of the Ketogenic Diet - Lose Weight, Feel Better, and Live Healthier!

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No matter how much time you spend on your work and family, there's no escaping the fact that you have to take care of your body as well.

Have you ever come home after a long day at work wishing you could do away with your bad eating habits?

***Diets: KETOGENIC DIET Recipes for Weight loss and Healthy Living* teaches you:**

- The Science Behind the Ketogenic Diet
- The Many Benefits of a Ketogenic Diet
- The Things You Need to Know Before Starting a Ketogenic Diet

This helpful book contains chapters on each of the four weeks of your ketogenic diet experience. You'll learn what to eat, what to avoid, and what's going on inside your body at every stage of the process.

Here's a preview of what you can learn from *Diets: KETOGENIC DIET Recipes for Weight loss and Healthy Living:*

"It is often argued that performance is affected when on a ketogenic diet, but that is not entirely true. Even if you are engaging in long bouts of cardio, this diet has been proved over and over again to be effective. The only time that ketosis can reduce performance is when doing exercises that require an explosive action. If you need to boost your performance during these activities, you can increase your carb intake by taking about twenty five to fifty grams of carbohydrates half an hour before training."

Download *Diets: KETOGENIC DIET Recipes for Weight loss and Healthy Living* NOW to find out about this amazing modern diet and its many benefits.

You'll be so glad you did!

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