



**Ketogenic Diet for Beginners:Guaranteed Weight
Loss the Low-Carb, High-Fat Diet Way with No
Sugar and No Starch: (Ketogenic Diet for
Beginners,Ketogenic diet,ketogenic diet
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Jennifer Jenson

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The Ketogenic diet is the authentic secret to weight loss. The only rule you have to follow is stick to this diet and you would get the desired weight loss result. This book “Ketogenic Diet for Beginners: Guaranteed Weight Loss the Low-Carb, High-Fat Diet Way with No Sugar and No Starch” will give you the insights on Ketogenic diet including the benefits and tips related to this diet. The best part is that you would even find delicious easy to cook Ketogenic recipes in this book that you can try at home such as:

- *Scrambled eggs with Ricotta Cheese**
- *Sausage and Egg Muffins**
- *Steamed Mahi Mahi with Tomato Salsa**
- *Ground Beef Frittata**
- *Keto Friendly Buffalo wings**
- *and MUCH MUCH MORE!**

Buy this book and master the Ketogenic cooking. You would definitely become slim and trim in no time!

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