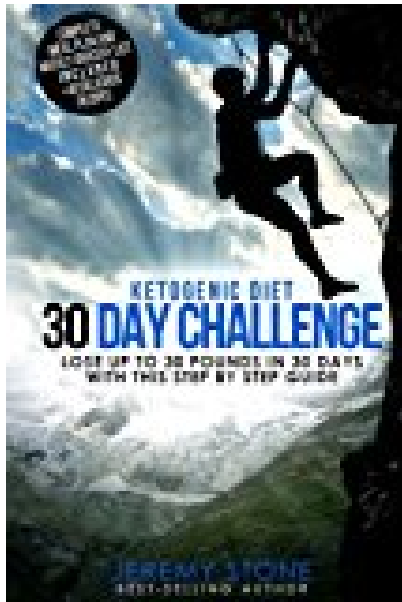


Ketogenic Diet 30 Day Challenge - Lose Up to 30 Pounds Quickly and Easily



BOOK DETAILS

- Author : Jeremy Stone
- Pages : 148 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1537782444



BOOK SYNOPSIS

Overcome your weight loss obstacles with the 30 Day Ketogenic Diet Challenge! What if you could have a real custom ketogenic diet meal plan that would normally cost hundreds of dollars for a fraction of the cost? Imagine having a weekly shopping guide that takes lets you focus on whats important, losing weight! Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite. Bestselling author Jeremy Stone will give you a full 30 day Ketogenic meal plan with a focus on simple to make recipes that wont have you slaving in the kitchen for hours a day. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his secret to losing up to 30 pounds in 30 days with this easy to follow meal plan. In this book, you will get ... How to make over 40 Keto-approved recipes with FULL nutritional information A weekly grocery list of EXACTLY what you will need for the week No stress, no guessing - a full 30 day meal plan designed for MAXIMUM weight loss Recipes designed for YOU - meal plan designed for people working 9 to 5 jobs Advice on how to SUCCEED and THRIVE on a Ketogenic Diet How to SMASH through weight loss plateaus BONUS: 30 Additional Ketogenic Recipes E-Book Here are just some of the exciting recipes youll find inside: Bacon Burgers Broccoli with Pine Nuts and Caramelized Onions Pistachio-Crusted Sundried Tomato Goat Cheese Balls Goopy Sausage Pops Mustard Lemon Salmon Steaks Stir-Fried Kale with Bacon Feta Broccoli and Brussels Sprouts Slaw Spinach and Lemon Stuffed Chicken Spaghetti Squash with Meatballs And many, many more! Get started on making a healthier, more vibrant you and get your copy today!

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