



The Ketogenic Diet: Amazingly Delicious Ketogenic Diet Recipes For Weight Loss and Ketogenic Diet Mistakes You Need To Know

Jamie Oncher

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Discover a Simple and Easy to Understand Guide to Ketogenic Diet

Today only, get this kindle book for just \$2.99. Regularly priced at \$7.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover a short description of what ketogenesis is, and how it works to keep your body lean and healthy. We will also discuss common mistakes and pitfalls to avoid on a ketogenic diet, to help you lose weight, look better, feel better, and most importantly, live a healthier and more vibrant life. The sample recipes in this book show that this is a tasty and pleasant avenue to that life. The ketogenic diet has been gaining supporters and adherents not only among successful dieters, but also among doctors, dieticians, and nutrition professionals all over the world. Traditional views of the "ideal", balanced diet, propagated by governments and major medical associations, are continually being dismissed as not only wrong, but dangerous as well. Fortunately, you can go on a ketogenic diet and avoid all this.

Here Is A Preview Of What You'll Learn...

- What is Atkins Diet
- What Ketogenesis Is
- The Benefits of Ketogenesis
- Foods and Food Traps to Avoid
- Diet Plans – Warnings and Diet Traps to Avoid
- Quick and Easy Ketogenic Recipes
- Much, much more!

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Brooke Jenkins:

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