



Ketogenic Diet: 30 Delicious Dinners: 1 Month of Low Carb, High Fat Weight Loss Meals

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The #1 Ketogenic Dinners Cookbook

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Join the #1 global weight loss diet today with this fantastic 30-day ketogenic main meals cookbook.

Do you love food but hate what it does to your body? Do you want to lose weight, but hate sticking to diets? Well, you're in the right place, because with the keto diet you CAN have your cake and eat it!

The Science Behind Weight Loss

Your body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis.

Here your body produces ketones created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones.

This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state.

30 High-Fat, Low-Carb Mains Recipes

Packed into this powerful little cookbook are 30 of the most delicious ketogenic dinner recipes ever created.

These simple, sumptuous meals will have you looking forward to every meal without a trace of guilt. Finally, a diet you can enjoy!

Nutritional Information Included

Unlike other recipe books, ours includes an exact calorie count broken down into fat, carbs and protein to

ensure you stay on track for your goals.

It's up to you if you want to use this or simply enjoy the meals, but it's nice to know it's there.

Finally, a Diet you can Enjoy!

Forcing yourself to eat bland, uninspired meals is not a long-term solution to obtaining a healthy body. You will be more likely to relapse or even abandon your diet altogether.

The ketogenic cookbook rekindles your love for food, meaning you will look forward to your every meal. When you enjoy what you are eating the results come easy!

Free Gift

For a limited time we are giving away 'Top 10 Ketogenic Diet Mistakes' with this book so you can avoid costly errors and accelerate fat loss.

Buy now and get it FAST!

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Marie Boyd:

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Nancy Martindale:

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Robert Higby:

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feel alone and confuse with the information must you're doing of this time.

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