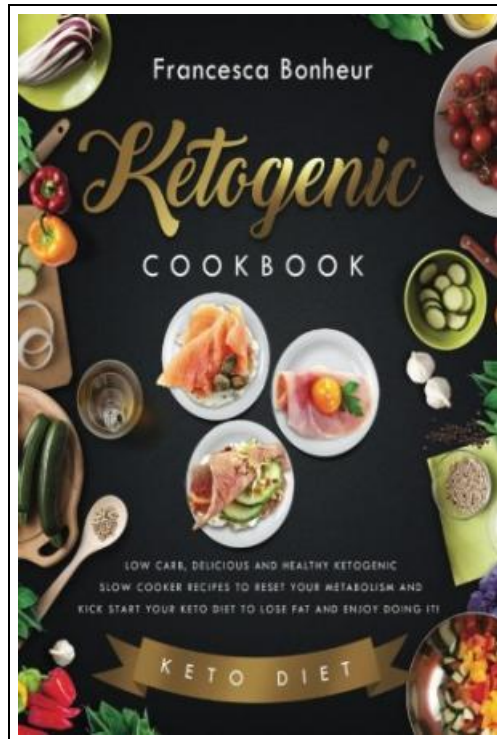


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.WHAT Eating Fat = Weight Loss !! The ketogenic diet is a way of eating. It allows users to lose a large amount of weight without having to count calories, figure out complicated points or make huge changes to their diet. It is a way of eating that is simple to do for most users and has a huge impact on the way that the user can lose weight. It is a great way for people to make sure that they are truly losing weight so that they will be able to get more out of the different parts of their life and not have to worry constantly about how much they weigh. Here Is A Preview Of What You ll Learn. Chapter 1: Introduction to KetogenicChapter 2: Breakfast RecipesChapter 3: Entertaining RecipesChapter 4: Soup RecipesChapter 5: Dinner RecipesChapter 6: Side RecipesMuch, much more! Tags: cookbooks, ketogenic cookbooks, cooking, healthy eating, clean eating, vegan, vegetarian, low carb, fat loss weight loss book, ketogenic diet plan, ketogenic for beginners, cooking for beginners, high fat, vegetarian, vegetarian cookbook, vegetarian diet, Vegetarianism, beginners guide.

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