



Ketogenic Weight Loss Recipes for Meals and Desserts: A 21-day Diet Plan

Lauryn Cole

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The Ketogenic diet is one which is gaining in popularity as people begin to seek new ways to lose weight while gaining a more complete well-being.

The premise is a simple one; to lose weight through a diet which is high in fats, allows plenty of protein and a small amount of carbohydrate. The body then alters its metabolic activities and uses ketones instead of carbohydrates as its primary fuel source.

Besides weight loss, the diet is known to help with

- Epilepsy in children
- Autism
- Alzheimer's diseases and other forms of dementia
- Cancer

And now, in just 21 short days, you can see a real difference through this new book - Ketogenic Weight Loss Recipes for Meals and Desserts; A 21-day Diet Plan.

There are recipes for breakfast, lunch and dinner. There are even recipes for dessert as you will be allowed this treat too.

Each one is laid out in an easy-to-follow, step-by-step guide, with clear instructions and just the right ingredients to satisfy your hunger and your taste buds. And in Chapter 4 you will find plenty of tips for you to get the most out of the diet,

So download the Ketogenic Weight Loss Recipes for Meals and Desserts today. See for yourself what changes this could bring to you in just 21 days.

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Wanda Riddle:

Is it an individual who having spare time in that case spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This Ketogenic Weight Loss Recipes for

Meals and Desserts: A 21-day Diet Plan can be the respond to, oh how comes? A fresh book you know. You are consequently out of date, spending your free time by reading in this fresh era is common not a geek activity. So what these publications have than the others?

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