



Ketogenic Diet: How to Avoid Mistakes and Get the Best Results! (Ketogenic Diet, Low-carb Diet, High-fat Diet, Weight Loss, Anti-inflammatory Diet, Diabetes Diet, Tips and Strategies, Delicious)

Owles Jane

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Use These Book To Avoid Mistakes And Get The Best Results With Ketogenic Diet!

The Ketogenic Diet isn't just a straight, one-type diet. It actually combines various kinds of diet plans, such as the Diabetes Diet, the Atkins Diet, and even the Anti-Inflammatory Diet. This diet is high in fat, moderate in protein, and definitely low in carbohydrates.

In short, the Ketogenic Diet is meant to improve health by switching the roles of fat and metabolism—so the body would not rely on carbohydrates or sugar anymore.

The purpose of this book is to lead you step by step to avoid mistakes and get the best results!

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

- What Is The Ketogenic Diet?
- What You Should Eat
- Ketogenic Diet Tips
- Common Ketogenic Diet Mistakes—and How to Avoid Them!
- And Much, Much more!

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Take action today and download this book for a limited time discount of only \$0.99!

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