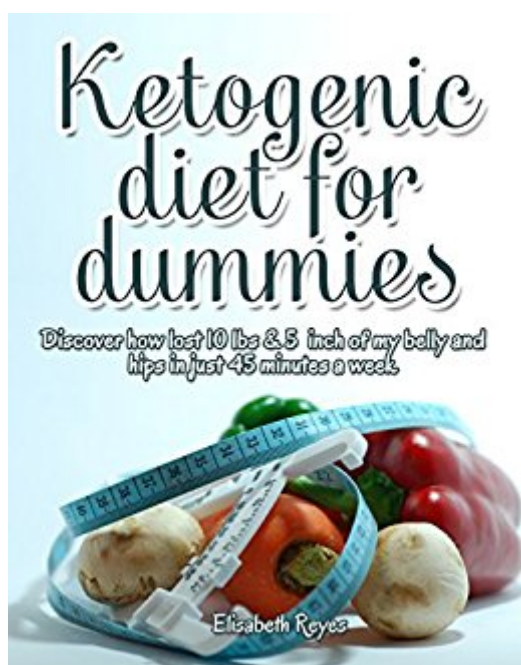


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# **Ketogenic Diet For Dummies: Discover How Lost 10 Lbs & 5 Inch Of My Belly And Hips In Just 45 Minutes A Week (My Fitness Program Weight Loss And Build Muscle By Martin Jackson Book 2)**



## Synopsis

Lose Weight and Achieve the Body of Your Dreams! Today only, get this bestseller for just \$0.99. Regularly priced at \$6.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Now including a Bonus Section right after the Conclusion! Grab Your Copy Today! Are you looking for a way to  
toâ | Burn body fat while still eating delicious foods? Improve not only your health, but your self-esteem? Discover a dietary approach that actually works? Whatever your reasons may be for wanting to pick up a copy of Ketogenic Diet for Dummies: Discover How to Lose 10lbs and 5in of Belly Fat and Hips in just 45 Minutes a Week, this guide will walk you through everything you need to know to lose weight fast! Youâ™ve struggled for years to get the body you want â “ why not try what really works? With this book, youâ™ll discover: The science behind low carb diets. Which foods to avoid and which foods to enjoy. Tips for keeping the weight off long-term. Important considerations before starting a ketogenic diet. Lose weight and feel great about your body! With Ketogenic Diet for Dummies: Discover How to Lose 10lbs and 5in of Belly Fat and Hips in just 45 Minutes a Week, you wonâ™t believe how quickly the weight comes off. Download your copy now and jumpstart your fat loss!

## Book Information

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## Customer Reviews

Sorry but this book was silly. I thought it would give me diet examples. It tell me about the diet and what it can do for you . It tells you that it will do for you. That was all. No examples in meal. No real sample of foods. How much to eat. This was worthless. So sorry

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Ketogenic Diet: Ketogenic Salad Recipes: Top 35 Insanely Good Ketogenic Diet Recipes For Easy Weight Loss (Ketogenic Diet, Ketogenic Diet For Beginners) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to

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