



Ketogenic Diet: For Rapid Weight Loss: Recipes and Mistakes to Avoid (Paperback)

By Michelle Brighton

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book. Are you sick of never feeling full and still putting on weight? ***SPECIAL OFFER!!!** LIMITED TIME OFFER 40 OFF (Regular Price \$4.99) Lose weight where it counts - without starving yourself! ***SPECIAL OFFER!!!** LIMITED TIME OFFER 40 OFF (Regular Price \$4.99) Are you sick of fad diets? Overweight, or just want to live a healthier lifestyle? For many people, losing weight while maintaining a normal lifestyle seems like an impossible dream. We all know that what we eat is most of the battle, but how do we win that battle? We have the answer. You need to try it. No more excuses! In this book the critically acclaimed wellbeing coach Michelle Brighton will share with you her secrets on how to slim down and feel fab. This book will provide you with the following key resources: The MUST KNOW fundamentals and elements of how to implement the ketogenic diet How to determine if the ketogenic diet is safe for you How to make a clean break and stick with it Our exclusive cheat sheets on common mistakes (and how to avoid them!) Delicious variety of recipes...



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Reviews

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