



Ketogenic Diet Plan Box Set: 7 Day Slimming Program with Ketogenic Diet Meals for Improving Your Energy and Vitality plus Proven Guide for Weight Loss ... Diet Plan, ketogenic diet for weight loss)

Donna Lee, Emma Moore

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Are you tired of yo-yo diets that leave you feeling exhausted and weighing more than you did before you started?

Do you want to find a lifestyle change that is sustainable, aids in weight loss, and doesn't leave you feeling deprived?

A ketogenic diet is the answer. This low carb high fat way of eating will have you dropping pounds and increasing energy. No more tracking every single calorie or spending excessive amounts of time spent at the gym. All you have to do is eat.

Put down all those fad diet books. Stop buying expensive and unhealthy weight loss products that don't work.

The ketogenic diet is a healthy and sustainable weight loss program that is personalized for your goals, your body, and your lifestyle. If you want to lose weight, keep it off, increase your energy and finally live that active healthy lifestyle then a ketogenic diet is right for you.

In the book you are going to learn the following:

- What a ketogenic diet is and several variations
- The health benefits of a low carb high fat diet
- How to calculate a personalized plan
- A quick-start meal plan that'll get you started
- A simple grocery list of ketogenic approved foods

BOOK #2: Ketogenic Diet Plan: Proven Guide for Weight Loss Using Ketogenic Diet Plan

The Ketogenic Diet Plan is a highly useful guide that will help you to understand exactly what and how a ketogenic diet works. Learn what foods you need to eat in order to lose weight. Discover what foods you need to avoid, and why they won't do your diet any good. You will also learn how eating foods we're

traditionally told to stay away from can help to promote weight loss.

Get the motivation you need to keep going until you reach your target weight, and enjoy every minute of this highly effective diet.

Learn how vegetarians can also enjoy a ketogenic diet, and discover more about:

- Why this diet works
- How it helps with weight loss
- How you can burn fat every minute of the day and night
- What you need to eat
- Ketogenic diet myths
- How you can eat a variety of dishes
- What foods you should avoid
- How to stay motivated, even when things get tough
- How exercise may help
- The differences between targeted and cyclical diets
- And so much more

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

Download your copy of "*Ketogenic Diet Plan Box Set*" by scrolling up and clicking "**Buy Now With 1-Click**" button.

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Debra Unger:

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Jesse Eriksen:

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