



## Keto Diet for Beginners: : Top 50 Amazing and Simple Recipes for Beginners, Easy Start for Weight Loss; Full Guide, Tips and Tricks, New Release (Paperback)

By Joanna King

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Healthy nutrition is the most important factor of our health. The ketogenic diet is one of the famous ways to achieve effective results in losing weight and reduce the risk factors of various diseases. Nowadays, the beautiful figure is the dream of every man of today. However, not everyone is ready to visit the gym and experiences the physical stress. If you want to lose weight and get healthier it means that work out in the gym will not be enough. Sure enough, you need a healthy balanced diet that increases the physical endurance of human body and provide constant energy. At the same time, the ketogenic diet does not mean that you should count calories or go hungry. This cookbook describes a special selection of tasty and healthy ketogenic receipts, which improve mood, get rid of diseases, increase overall activity and allows to successfully losing weight. Everyone knows that the way of losing weight is not an easy, but with the keto diet for beginners, it is possible! The KETO Diet for BEGINNERS includes many healthy keto recipes for every taste...



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