



Ketogenic Diet For Beginners: Diet Plan For Ultimate Weight Loss, Boosting Metabolism and Living Healthy Lifestyle

Brittany Samons

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Health is something personal meaning that what works well for you may not work so well for others. Apart from this rule, there are certain health rules that seem to benefit a great number of people like this type of diet that has been proven effective. This book provides information on how to start on ketogenic diet, what food to eat and not to eat, meal plan and recipes that you can follow when dieting.

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