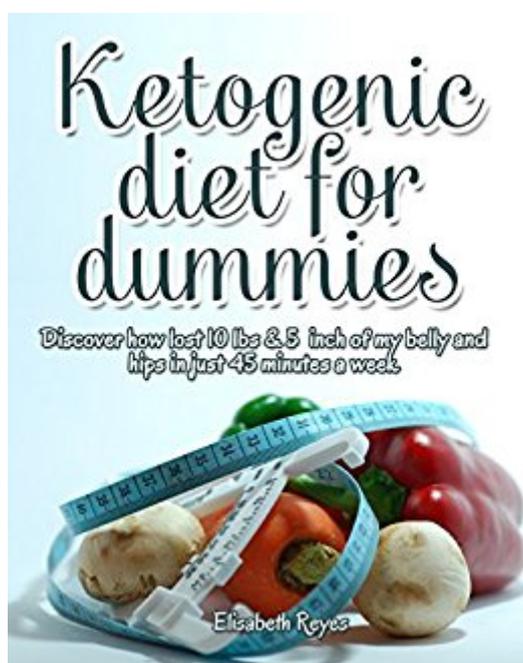


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# **Ketogenic Diet For Dummies: Discover How Lost 10 Lbs & 5 Inch Of My Belly And Hips In Just 45 Minutes A Week (My Fitness Program Weight Loss And Build Muscle By Martin Jackson Book 2)**



## 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  
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• Improve not only your health, but your self-esteem?  
• Discover a dietary approach that actually works?  
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• 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 won'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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PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)

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

Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet)  
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