



# **Ketosis Cookbook: Ketogenic Diet For Beginners Guide Easy Ketogenic Diet Recipes: 14 Day Ketogenic Diet Plan For Weight Loss-Ketogenic Diet Mistakes-Ketogenic Diet Secrets**

*Susan Cooke*

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*Susan Cooke*

**Ketosis Cookbook: Ketogenic Diet For Beginners Guide Easy Ketogenic Diet Recipes: 14 Day Ketogenic Diet Plan For Weight Loss-Ketogenic Diet Mistakes-Ketogenic Diet Secrets** Susan Cooke Ketogenic Diet For Beginners Guide and its Easy Ketogenic Diet Recipes is the ultimate and only low-carb diet cookbook you'll ever need. This Ketosis Cookbook has easy and quick high protein - low calorie meals for fast weight loss. Learn common Ketogenic Diet Mistakes and Ketogenic Diet Secrets and prepare awesome new weight loss meals that are tried and true for rapid weight loss. The strategy is to cook this and not that and thereby eating meals that have been proven to have you losing weight fast. Teach yourself on how to lose weight with a low carbohydrate high protein Ketogenic diet. The Ketogenic meals are much like paleo meals and are absolutely delicious and off the chart. If you desire short term rapid weight loss then the Ketogenic Diet is the answer for you. Scientific evidence shows that this type of diet is the best option for people who want to lose serious weight, optimize health and lower the risk of disease. Put your body in a ketosis state and burn the calories off like today's body builders, weightlifters and pro athlete's who must be in tip top shape for maximum performance. No need for tedious exercise and spending hours and hours in the gym to burn off calories and build those six pack abs. The Ketogenic Diet Recipes Cookbook for beginners includes a powerful 14 day Ketogenic Diet Plan for fast and permanent rapid weight loss to get you started. You'll be able to prepare hundreds of variations of powerful nutritious high protein-low carbohydrate meals and keep you going for years.

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