

## Ketogenic Diet Box Set 2 in 1: Manual for Beginners on How to Lose 30 Lbs in 30 Days + 25 Delicious Low Carb Casseroles: (Ketogenic Diet, Ketogenic Diet for Weight Loss, Ketogenic Diet



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*(Junior Lesch)*

## KETOGENIC DIET BOX SET 2 IN 1: MANUAL FOR BEGINNERS ON HOW TO LOSE 30 LBS IN 30 DAYS + 25 DELICIOUS LOW CARB CASSEROLES: (KETOGENIC DIET, KETOGENIC DIET FOR WEIGHT LOSS, KETOGENIC DIET)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE BonusDownload this book, read it to the end and see quote;BONUS: Your FREE Giftquote; chapter after the conclusion. Ketogenic Diet BOX SET 2 IN 1: Manual For Beginners On How To Lose 30 Lbs In 30 Days + 25 Delicious Low Carb Casseroles (FREE Bonus Included)Book#1: Ketogenic Diet For Weight Loss - Lose 30 Lbs In 30 Days. Ketogenic Diet Manual For Beginners + Common Mistakes You Should Avoid To Succeed.Lets face it, we all want to lose weight. To fit into those jeans that are hanging in the back of our closets, or to be able to wear that bikini in the pool this summer. This summer. Not next summer, not in six months, but now. It seems like an impossibility. When it comes to weight loss, few things are more daunting than to see the number on the scale, and know what it is you want to lose. Thats where all the crazy tips and tricks come in, do this and not that, spend hours in the gym and try to make time for all of the little workouts throughout your day. Then the diets that tell you to eat six times a day or more. There just isnt time for all of that stuff, and live a normal life. Yet that is all you want to do. Live a normal life and be happy with how you look while you do it. Well now you can. This book is going to be your guide to losing the weight you want to lose, yet being able to eat tasty and delicious foods you have always loved. The best thing about the...

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