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Ketogenic Diet Cookbook: 80 Easy, Delicious, and Healthy Recipes to Help You Lose Weight, Boost Your Energy, and Prevent Cancer, Stroke and Alzheimers (Paperback)

By Vanessa Olsen

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get PALEO DIET book for FREE when you purchase this book. HEAL YOUR MIND AND BODY WITH THE KETOGENIC DIET COOKBOOK - THE BEST RESOURCE KNOWN TO MAN FOR WEIGHT LOSS AND DISEASE PREVENTION! Rita Wilder was drained from trying to lose the excess weight which had given her a long list of side effects and nasty health conditions over the years. She desperately jumped from diet to diet, to no avail, until one day she stumbled across the ketogenic lifestyle. Never has eating food so creamy, rich, savory, and indulgent resulted in such amazing health benefits. Seriously, when was the last time that indulging in cheese, butter, cream, oil, and bacon did anything good for you? Probably never. until now, that is. The ketogenic diet is truly changing the way people all over the world are thinking of health, and best-selling author Vanessa Olsen captures exactly how you too can reap the many benefits of the diet with her 80 easy-to-make, tried and tested, absolutely mouthwatering dishes. Some features included in this amazing deal...



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