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Ketogenic Diet Cookbook: Lose 10 Pounds In 10 Days! 20 Delicious Ketogenic Recipes For Healthy Weight Loss

Weight loss is something that is on the forefront of most people's minds. Sure, they would like to lose those pesky pounds that keep hanging on, but who has time for the gym? And who has time to figure out all of the rules of those crazy diets people are claiming you should be on? Not you, between work, family, and life in general, you don't have time to even think about what weight loss options are out there, let alone try to figure out which one you should be on. Well now, you don't have to. It is a proven fact that the ketogenic diet causes the weight loss you have been looking for, and gives you the results you want. And this cookbook has conveniently put together 20 recipes for you to follow that will boost your weight loss and give you that lean figure you have been dreaming of.

Including recipes for meals any time of the day, by the time you reach the end of this book, you will learn:

- What the ketogenic diet is and how it works
- 5 breakfast recipes
- 5 lunch recipes
- 5 dinner recipes
- 5 snacks and dessert recipes
- And more!

This book has everything you need to get started on your weight loss journey, and lose those pounds in a matter of days!

Happy reading!

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