



# Ketogenic Diet For Beginners: Lose Weight, Avoid Mistakes and Feel Amazing

*Riju Thomas*

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## **Ketogenic Diet For Beginners: Lose Weight, Avoid Mistakes and Feel Amazing** Riju Thomas

Do You Want to Lose Weight and Get a Healthy Body? Have you heard about the Ketogenic Diet? Are you curious about its many Health Benefits? Do you believe it's time to experience them for yourself? Here is a Preview of What You'll Learn in this Book: • What is a Ketogenic Diet? • What are the Benefits of a Ketogenic Diet? • How to Start a Ketogenic Diet and What to Look Forward to? • How to Know if you are in Ketosis? • Mistakes to Avoid • Ketogenic Diet Food List • And Much More! When you buy this book, you'll discover a wealth of Delicious Low Carb Ketogenic Fat Bomb Recipes. Each Recipe has a FULL Nutritional Breakdown so you can Keep Track of your Calories! Here is a Preview: • Keto Chocolate Truffles • Zesty Lemon Bars • Coconut Macarons • Amaretti Keto Cookies • Pumpkin Chia Pudding • Keto Green Latte • Pecan Shortbread Cookies • Coconut and Macadamia Velvety Custard • And Many More! DON'T WAIT - Give Yourself the Reward You Deserve and BUY this Book NOW and Start Living Healthier Right Away!

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