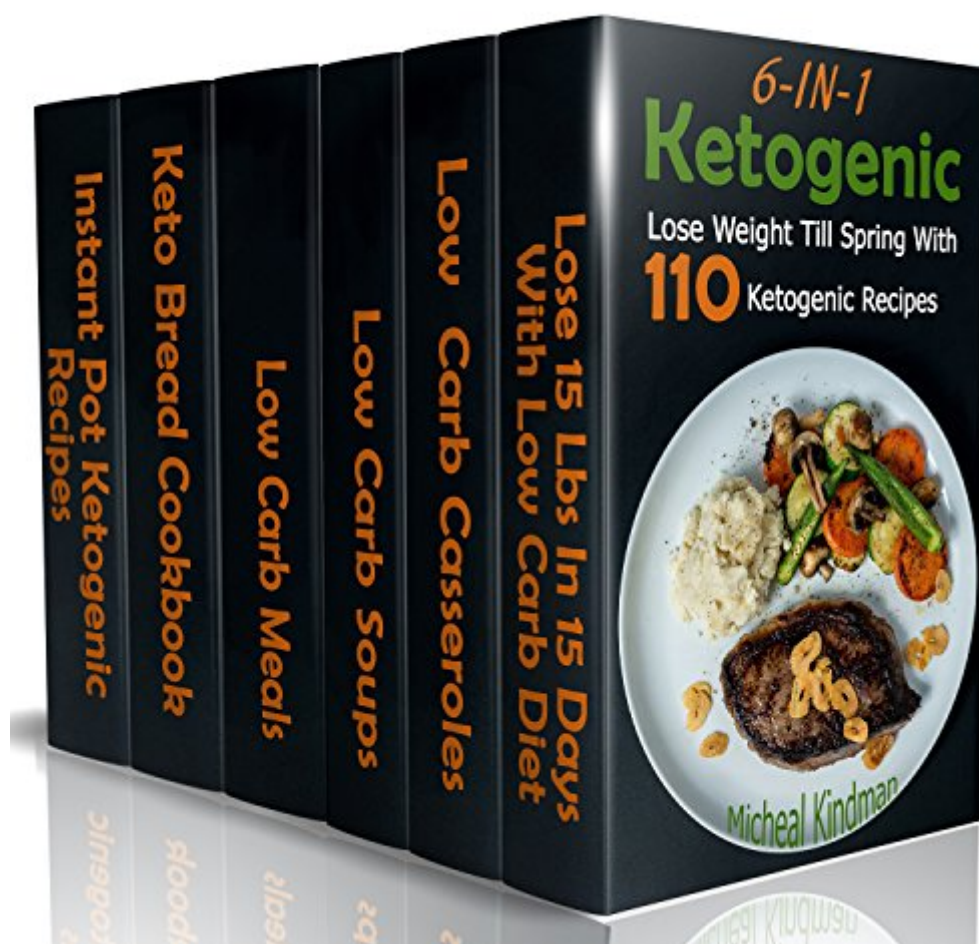


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# Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide)





## Synopsis

Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic

RecipesBook#1: Low Carb 101: Low Carb Diet - Proven Way to Lose 15 Lbs (7 KG) In Two-Week

Challenge Without Even TryingAre you struggling to shed your extra pounds? You are not alone

because numerous people are struggling to get rid of stubborn fat of their body. Various diets are

available in the market, but each diet has its benefits and limitations. You have to focus on one

formula â œeat fewer calories and burn moreâ •. Low carb diet is a good way to recycle carbs and

increase your metabolism. This diet will help you to reduce your weight quickly and improve your

overall health. The low carb diet is extremely helpful for everyone to increase their metabolism and

melt your body fat. In this book, you will learn the principles of low carb diet and follow it to reduce

weight. Low carb diet has been scientifically proven to result in better health and more weight loss

as compared to low-calorie and low-fat diet. This book offers: Book#2: Low Carb Casseroles: 25

Super Delicious Low Carb Casseroles for Weight LossThis eBook â œ25 Super Delicious Low Carb

Casseroles for Weight Lossâ • is a great guidance for you if you are looking for weight loss recipes.

These recipes fill your stomach as well as make you feel light. This book covers all the aspects from

the basic ingredients, the recipe and also describing the health benefits of each main ingredient in

the recipe. The book is divided into chapters and there are five top recipes under each chapter. You

can choose any you like accordingly. Here is the list of chapters which this amazing eBook covers:

Book#3: Low Carb Soups: 25 Best Delicious Filling Soup Recipes for Weight LossThe best thing

about enjoy low carb meals is that they only help you eliminate carbohydrates from your diet which

can become very hard to control in the long run. Carbohydrates not only lead to quick hunger pangs

but they contain a lot of starch that only causes weight gain. By giving by the carbs in your diet, you

will be able to burn your fats in a much better way and enjoy meals that are wholesome and

nutritious and keep you full for longer time. Book#4: Low Carb Meals: Top-20 Quick&Easy Delicious

Low Carb Recipes To Lose Weight FastAdopting a low carb diet means saying goodbye to sugar

products, sweeteners, potatoes, pasta and bread. However, as this book will show, you will quickly

realize that there are a significant range of alternative products which can provide delicious

alternatives to the usual potatoes, pasta and bread.Book#5: Keto Bread Cookbook: Real Low Carb

RecipesBread is impressive as it appears in a huge range of guises: virtually all shapes and sizes

can and are produced. It can fulfill a variety of roles in your diet. It is interesting to note that the

majority of recipes which are designed to encourage ketosis are also excellent choices for anyone

with a glucose tolerance issue. The issue is, as bread is often used to fill a gap in your diet, how can

you ensure your body is getting all the nutrients it needs without consuming this high calorie option.

The answer lies in the following recipes where you can discover delicious, healthy alternatives which are low in carbohydrates and will boost your ability to get things done!Book#6: Instant Pot: 23 Real Ketogenic Diet Recipes For Electrical Pressure CookerThis book will guide you through using the electric pressure cooking and the benefits it offers in cooking low carb meals:Download your E book "Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes" by scrolling up and clicking "Buy Now with 1-Click" button!

## Book Information

File Size: 7715 KB

Print Length: 240 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 9, 2017

Sold by:Â Digital Services LLC

Language: English

ASIN: B06WD1G2GD

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,267,924 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #52

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