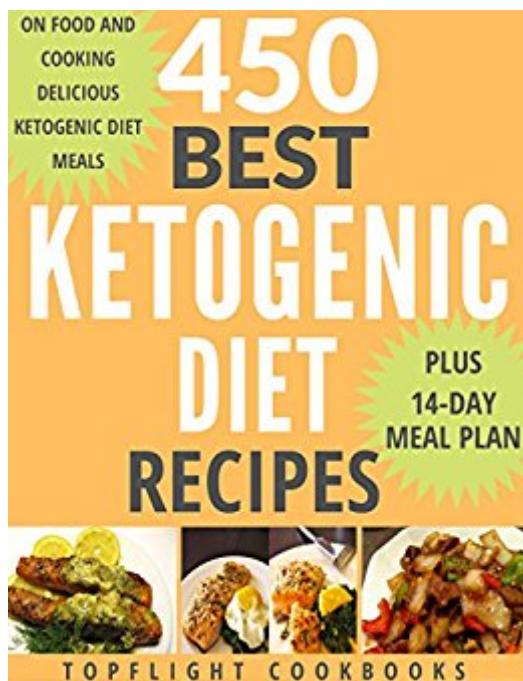


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Synopsis

Do you want to lose weight, improve insulin sensitivity for diabetes and prediabetes, gain a myriad of other health benefits from heart disease, cancer, Alzheimer's disease, epilepsy, brain injuries, Parkinson's disease, polycystic ovary syndrome to acne? Look no further and kick-start your low-carb, high fat Keto-lifestyle today! The Ketogenic diet has been shown by over 20 scientific studies to have superior abilities for weight loss and improving overall health. Besides helping you to lose weight, the ketogenic diet has health benefits against diabetes, Alzheimer's disease, cancer, epilepsy, and heart disease among others. The ketogenic diet is a low carb, adequate protein, high-fat diet. This ketogenic cookbook brings you 450 delicious ketogenic diet recipes from kitchen staples, breakfast recipes, ketogenic lunch and dinner recipes, ketogenic desserts, ketogenic sauces and condiments plus so much more to help you get started with the ketogenic lifestyle today. To lose weight and gain lots of other health benefits bestowed on you by the ketogenic diet. In this ketogenic cookbook, you will find:- 450 delicious ketogenic diet recipes- A description of What is the Ketogenic Diet?- The history of the ketogenic diet- The science behind the ketogenic diet- The health benefits of the ketogenic diet- How to plan your ketogenic diet- The ketogenic diet food list- Your ketogenic diet shopping guide- Top 15 tips for success with the keto lifestyle- 14-day sample meal plan to get you started with the ketogenic diet- Nutritional information for all recipes- Plus so much more! With the tons of health benefits you stand to gain, you can never go wrong with the ketogenic diet. So what are you waiting for? Scroll up, click Buy Now, get started with your low carb, high-fat ketogenic diet lifestyle today!

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