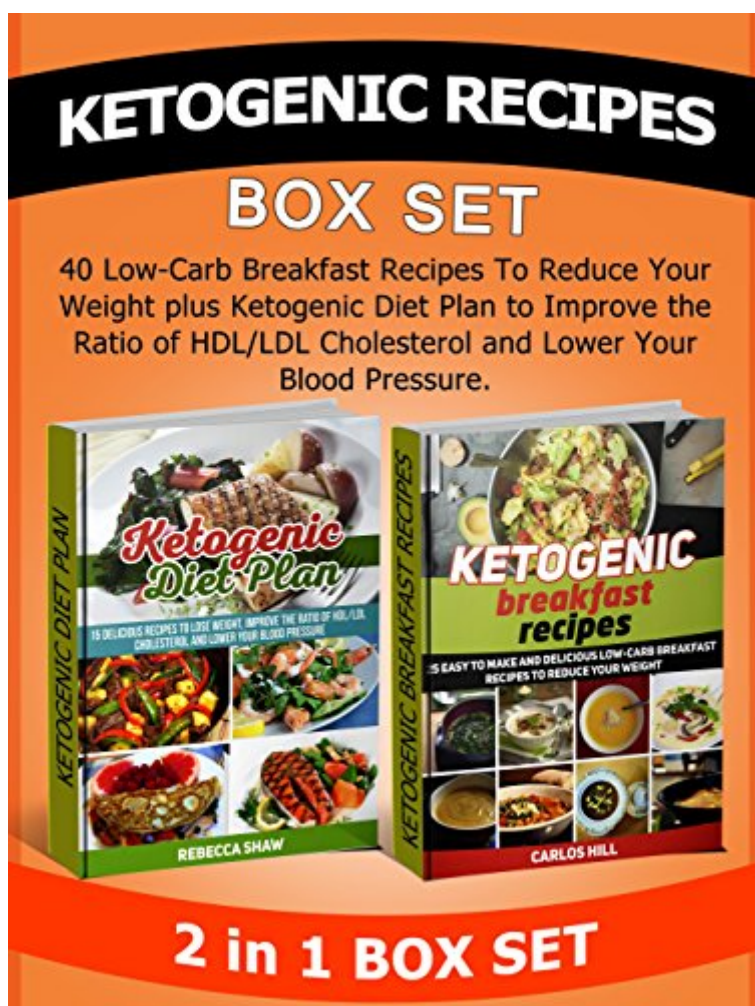


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# Ketogenic Recipes Box Set: 40 Low-Carb Breakfast Recipes To Reduce Your Weight Plus Ketogenic Diet Plan To Improve The Ratio Of HDL/LDL Cholesterol And ... Recipes Books, Ketogenic Diet Books)





## Synopsis

**BOOK #1: Ketogenic Breakfast Recipes: 25 Easy to Make and Delicious Low-Carb Breakfast Recipes To Reduce Your Weight** This is a book which offers a starting point from which anyone can propel him/herself into the ketogenic diet. This is the holy grail of diets, with a proven track record of producing significant results in an amazingly short time! With this book, you can get your foot in the door of this 100% safe, 100% effective diet plan, to see if you are ready to take the plunge and change your life! If you didn't know, the ketogenic diet is designed to transform your body's metabolic system from a sugar-guzzling, inefficient process to a fat-melting super-computer! It is all scientifically proven, and the benefits go way beyond merely burning fat. By purchasing this book, you will: Get detailed, but easy to understand, information about what the ketogenic diet is and how it melts away fat so effectively. Be presented with 25 varied and delicious recipes to make ketogenic-approved breakfasts that will keep you motivated to persevere with your diet. Find answers to any questions you may still have once you know the facts about the ketogenic diet. Go ahead and "make the decision to convert your body from a sugar-craving burden into a fat-burning, fuel-efficient machine that allows you to look and feel at your best!"

**BOOK #2: Ketogenic Diet Plan: 15 Delicious Recipes to Lose Weight, Improve the Ratio of HDL/LDL Cholesterol and Lower Your Blood Pressure** Dieting: it can be the best thing to do for yourself, but it comes with the price of having to follow a strict diet. Many people start to run into the issue that they are not able to control their cholesterol or blood pressure, and this turns into an issue for many later on down the road. It's imperative to watch your diet, especially if your cholesterol isn't good. That's where the Ketogenic diet plan comes in! It's a remarkable diet that allows you to eat foods with low carbs but also allows you to control your cholesterol and blood pressure. This isn't just a diet for people with blood pressure issues, but it's also a diet that will allow you to feel better and have a healthier life. This book will give you 15 healthy recipes to use on the ketogenic diet, with a chapter about how to prepare for this, along with a chapter on what the ketogenic diet is. It's important to know this, but by the end of it, you'll be able to have a healthier diet and a better life. It's a diet plan that will help you with your issues, and you can say goodbye to blood pressure problems with this amazing diet. In this book, you'll learn: What the Ketogenic diet is. How to prepare for it. 15 amazing recipes to allow you to get the most out of your ketogenic diet. Getting Your FREE Bonus. Download this book, and find "BONUS: Your FREE Gift" chapter right after the introduction or after the conclusion. Download your copy of "Ketogenic Recipes Box Set (FREE Bonus Included)" by scrolling up and clicking "Buy Now With 1-Click" button.

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## **Customer Reviews**

40 Low-Carb Breakfast Recipes to Reduce Your Weight plus Ketogenic Diet Plan to Improve the Ratio of HDL/LDL Cholesterol: is really describes how it's not a diet but a way of life. This was a truly informative book. This book is very applicable to a person wanted to lose weight. This will help us stay true to the principles and eat according to the meal plan even in the face of cravings day after a day. This book also provides guidelines to control our daily food. Applying and understanding Ketogenic diet will help to lose body weight and free from cancer and other illness. It also has recipe that will make our food healthier to eat. The tips and guideline from this book is very helpful to

prolong a healthy life.

Not exactly what I had expected. Good thing it was free bc I wouldn't pay for it or if I had I would have wanted my money back

great recipes

great info

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