

# Ketogenic Diet for Beginners: How To Use A Ketogenic Diet For Weight Loss

katya johansson



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No matter how much time and energy you spend on your family and friends, there's no escaping the fact that you also need to take care of yourself and your body.

This book, "*Ketogenic Diet for Beginners:* How To Use A Ketogenic Diet For Weight Loss" explains what a ketogenic diet is, its history, and how it has become so popular.

You'll learn what you can eat on a "keto diet", and what to avoid.

#### You'll also discover:

- Pleanty Helpful Tips for Jumping into a Ketogenic Diet
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This Ketogenic offers over 100 delicious vegan recipes to make the transition that much easier.

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- Breakfast Recipes
- Lunch Recipes
- Dinner Recipes
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