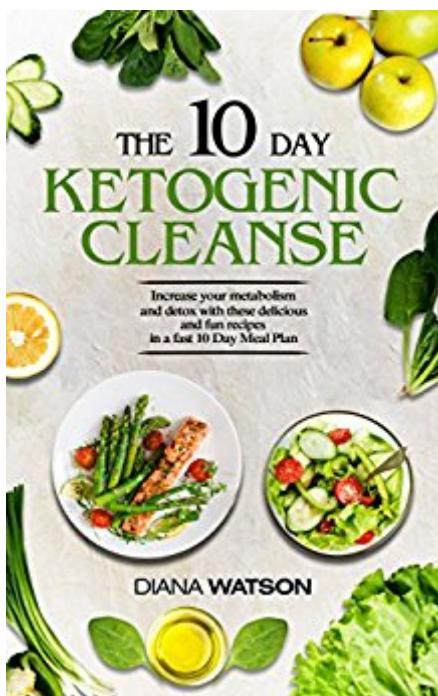


The book was found

The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto Diet, High Fat Diet, Ketogenic Diet For Weight Loss, Fat Loss, Ketogenic, Ketogenic, Ketogenic Diet)



Synopsis

Your Ultimate 10 Day Ketogenic CleanseÂ To Transform Your Body Into A Lean, Mean, Fat-Burning Machine.Â Hello friends! Are you tired, run-down, and listless all the time?Â Do you yourself severely lacking in energy throughout the day andÂ needing a coffee fix one too many times?Â Are you someone who wants to lose weight, feel better, and be more energized? And most importantly, are you someone who is looking for a healthy, easy, and effortlessÂ way to kick start a diet plan that is guaranteed to work for you in the long term?Â Well introducing theÂ 10 Day Ketogenic Cleanse:Â Increase your metabolism and detox with these delicious and fun recipes in a fast 10 Day Meal Plan!The Keto Diet found in this book usesÂ your own body'sÂ natural responseÂ to foods toÂ burn those stubborn fatsÂ stores especially in your abdominal area. That means inches off your waist line! The Keto diet is unique because it forces the body to burn FATS rather than carbohydrates. That also means you can expect your body to turn into a new fat-burning machine!Â Note: If you are at risk for type two diabetes or high blood pressure, this diet can also help you regulate your glucose and lower your blood pressure naturally.In the 10 Day Ketogenic Cleanse You Will:Â Get A Proven 10 Day Diet To Kick Start Your MetabolismHave A Chance ToÂ Test How Powerful The Ketogenic Diet Is And How You Can Make It A Long-Term Solution To Keep Your Weight DownLearn The Basics Of the Keto Diet & How It Will Boost Your MetabolismKetogenic Breakfast RecipesKetogenic Lunch RecipesKetogenic Dinner RecipesHealthy Meals That Work Towards Helping YouÂ AchieveÂ Better HealthÂ and aÂ Healthier Body!Who says you have to starve to lose weight?Â Here Are Some Recpies That I know You Are Going To Love In This 10 Day Ketogenic CleanseÂ BookÂ To Keep You Satisfied While Working Toward Your Goals:Â CALIFORNIA CHICKEN OMELETSTEAK AND EGGS WITH AVOCADO CREPES WITH CREAM AND RASPBERRIESBACON AND ROASTED BRUSSEL SPROUTSCHICKEN PAD THAIÂ CHIPOTLE STYLE FISH TACOSSIRACHA LIME STEAKÂ And Much Much More...Grab Your Copy of This Book Today At A Bargain Price of \$2.99. Don't Miss On Your Chance To Have A Changed Lifestyle And a New You.Scroll to the top and press the "Buy Now" button Today to get your copy!Â

Book Information

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Customer Reviews

This Ketogenic Cleanse book has been one of an extremely instructive book I have ever read. It shows us simple to take after tips and manual for a speedy weight lose that will totally improve our life. This book contains recipes for ten day cleanse that will leave your body clean and up the pernicious.

Nice one The Keto Diet found in this book uses your own body's natural response to foods to burn those stubborn fats stores especially in your abdominal area. That means inches off your waist line! The Keto diet is unique because it forces the body to burn FATS rather than carbohydrates. I recommend for this book.

I like the Ketogenic diet having previously been on it before taking a break. I decided to buy this book to try and get back into it by doing a simple 10 day cleanse. Meal Plans were useful and ok, recipes were interesting.

i just read the 10 days title and got it right away! i'm on day 4 and i feel amazing! first 2 days were a bit rough until i got the use of it but now i can't wait to finish! I love this book!!

A great way to cleanse our body is by eating healthy meals, which Diana has prepared the recipe in

this book. It is affordable and convenience for those whose time is limited. Highly recommended!!

This book is well written and clarity beginners.The best introduction to / explanation of what a well-formulated ketogenic diet. Clear and concise - outstanding.I would recommend this book to anyone who wants to improve their lifestyle through ketogenic cooking.

Really an informative book this is. There is a lot about the mechanisms of Ketosis, and different aspects of weight management. I found it to be very helpful. I highly recommend this book.

great diet and away to eat

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