



## Keto Diet Cookbook: 6 Books in 1- Bible of 6 Books- Keto Diet Cookbooks- Breakfast+ Smoothies+ Lunch+ Snacks+ Dinner Dessert Recipes (Paperback)

By MR James Abraham

On Demand Publishing, LLC-Create Space, 2018. Paperback. Condition: New. Combined. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. There are multiple reasons to take adopt a Ketogenic diet, and it has been shown to offer great long-term health benefits as well. Some of the most commonly sought health benefits offered by the Ketogenic diet are blood glucose control, weight loss, weight management, healthy cholesterol levels, high blood pressure control, and improvement of strong mental performance. You may have diabetes, hypertension, or cholesterol problems, or maybe you are just trying to lose that last stubborn bit of weight that exercise just isn't taking care of: whatever the case, a Ketogenic diet will surely help you achieve your health-oriented goals and lead you to live a healthier lifestyle in general. Grab this 6 books Bible(bundle) today which includes delicious and healthy Ketogenic diet recipes for Breakfast, Smoothies, Lunch, Snacks, Dinner and Desserts.



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