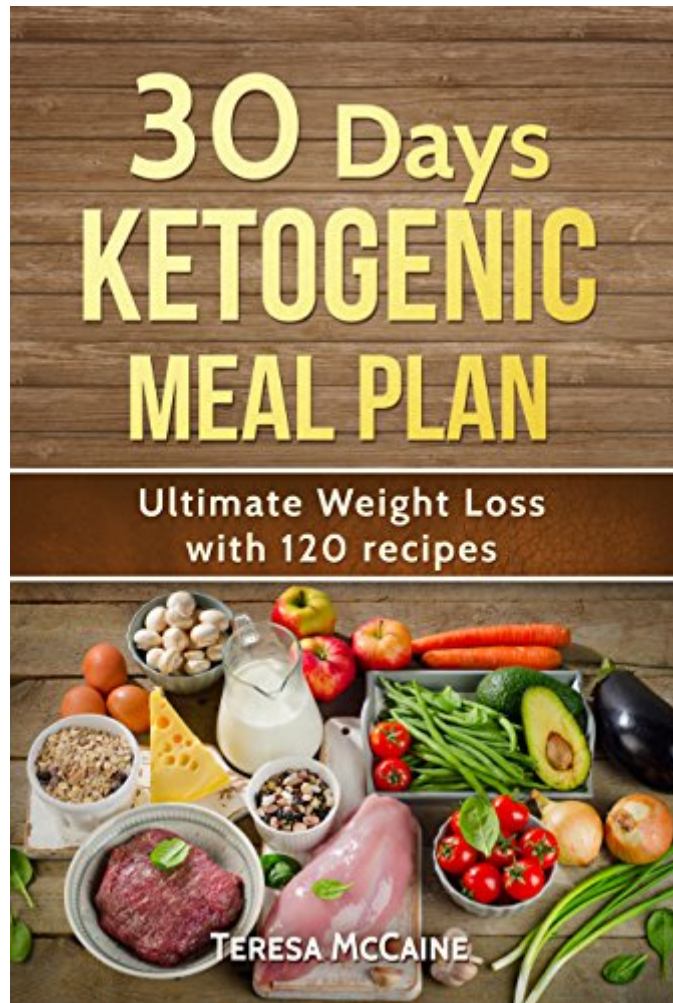


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# 30 DAY KETOGENIC MEAL PLAN: ULTIMATE WEIGHT LOSS WITH 120 KETO RECIPES



## Synopsis

30 Days Keto Meal plan: Get Rid of The Extra Weight With 120 Keto RecipesA Comprehensive Guide To Keto Diet Plan With Detailed Healthy Meal Plans & Calorie Food ChartHave you been struggling with strict, restrictive healthy eating plans and repeatedly losing weight only to gain it all back?Would you like to make healthier food choices that would lead to fast weight loss and offer you the slender, lean figure you have always dreamt of?Unlock The Secrets Of Ketogenic Diet And Reap The Benefits Of The Quickest Way To Lose WeightA comprehensive healthy meal preparation guide, this book by distinguished dietician Teresa McCain offers you invaluable insight into the best way to lose weight in a pleasant way with a healthy, mouth-watering monthly meal planner.One of the most popular diets worldwide, the groundbreaking KETO DIET is geared towards encouraging the liver to produce KETONES, an excellent energy source activated in low carb healthy eating plans, with miraculous effects on our health and wellbeing:~ It PREVENTS CANCER, by eliminating sugar from meals.~ It BOOSTS WEIGHT LOSS, by providing filling meals.~ It ENHANCES BRAIN FUNCTION, by raising the energy levels in the body.Spice Up Your Life With A Heavenly Weight Loss Diet PlanA full range of 100 original appetizing meal plans, easy-to-prepare for seasoned or novice chefs, separated in distinct meal groups for BREAKFAST, SNACK, LUNCH and DINNER and accompanied by the recommended PORTIONS and the accurate amount of CALORIE INTAKE make this efficient monthly meal planner the best way to lose weight!Give In To Your Sweet Tooth!Almost all of us have a weak spot for some sweet indulgence. ... temptation means dessert! Indulge to our 20 irresistible dessert recipes while keeping calorie intake at bay and lose these stubborn extra kilos in the fastest, healthiest way!Make the 120 Life-Changing Keto Recipes The Central Part Of Your Lifestyle & Enjoy Life In Full!

## Book Information

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## Customer Reviews

There are, as it states, 120 recipes in this book. Twenty-five each for breakfast, lunch and dinner, another 25 snack recipes and 20 for dessert. In other books I have tried, the recipes are a lot of fish/seafood (which I will not eat). In this book, I only remember three. It does have a good variety of recipes for people who are picky eaters such as myself. It also has some unique recipes in it, such as Squid Spaghetti - I'm not adventurous where food is concerned, so this is something that I would not try, but for the most part, this book does have a good deal of recipes that I am willing to try and I can't wait to get through them.

I believe this book is very interesting to those who like tasty meals but gain more weight fast. Great job results in a very helpful book! The recipes collected in this book are quite easy to follow. It includes some landmarks for preparing healthy breakfast and lunch meals as well as snacks. In my mind, chicken and mushroom recipes included in the book are good indeed. I also found useful general information on the Keto diet and its effect on our body.

My wife was looking to get on a diet - and to eat better and healthier - especially for our son who is a very picky eater - so we got this on my kindle account - I have to say that the recipes are easy to make, are affordable - and give great explanation. Everything that we have ate to date has tasted yummy and even satisfies my son!! notice he is toning up and has more energy than he normally does!

I was surprised. I don't like dieting. My family and I decided we need to eat a little healthier. Well I decided. I was looking for a book that could give us fun different ideas. So we tried this book. The

night after we bought it I decided to try a recipe. The kids loved it. So we have started to follow more. Wow you get great tasting meals but yet they are healthy. I recommend this book for any family that wants to work together to eat better.

This book has great recipes and good information for healthy living. I have read most of the book and I found it very informative. The recipes are easy to adjust and I made some slight changes to a few recipes for my own personal taste.

This book really helps me a lot on losing weight, the recipes turned out quite delicious to the point where my family wants to follow these meal plans as well

I've been following for my diet. This book is an excellent helper in this. I apply recommendations and see the result. I recommend!

Must have for healthy people!!! I like this book. Read a lot of information about every day healthy meals.

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