



# **Ketogenic Diet Box Set: Delicious Diet Recipes to To Reduce Your Weight (ketogenic diet for weight loss, ketogenic diet, ketogenic diet plan)**

*Rebecca Shaw, Carlos Hill, Michael Green, Monica Selman, Michael Atkins, Donald Adams*

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## **BOOK #1: Ketogenic Diet: 8 Effective Ways to Get More Out of the Ketogenic Diet. Complete With Best Ketogenic Diet Dinner Recipes**

Ketogenic Diets (all the more particularly Cyclic Ketogenic Eating regimens) are the best eating methodologies for accomplishing quick, ultra low bodyfat levels with most extreme muscle maintenance! Presently, as with all such broad articulations there are incidental special cases. Be that as it may, done right - which they infrequently are - the fat misfortune achievable on a ketogenic eating regimen is out and out amazing! What's more, in spite of what individuals may let you know, you will likewise appreciate extraordinary high vitality and general feeling of prosperity.

## **BOOK #2: Ketogenic Diet Plan: 15 Delicious Recipes to Lose Weight, Improve the Ratio of HDL/LDL Cholesterol and Lower Your Blood Pressure**

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.

## **BOOK #3: Ketogenic Breakfast Recipes: 25 Easy to Make and Delicious Low-Carb Breakfast Recipes To Reduce Your Weight**

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!

## **BOOK #4: Clean Food Diet: Effective Clean Food Diet Meal Plan That Will Keep You Healthy, Energized, and Fresh**

Learn how processed foods have infiltrated our diets and how to eat clean for health, and to lose or maintain weight. Unlike other diets, the clean foods diet is a simple, back to basics approach for changing the way you eat giving you renewed energy, and a fit, healthy body. This book offers you a step by step guide, including helpful personal explorations gauging your readiness for this exciting change, and some quick and easy recipes that will make your mouth water.

## **BOOK #5: Crockpot Recipes: 33 Best Crockpot Recipes for Fast and Easy Crockpot Cooking for Two**

Each one of these recipes is cooked in the crockpot while you are at work, ensuring that you have a delicious meal waiting for you when you get home.

You will even find deserts that you can make in your crockpot in only a few hours with only minutes of prep time. Now you do not have to worry about what is for dinner, simply place the ingredients in the crockpot and let your crockpot do the work for you.

## **BOOK #6: Intermittent Fasting: 8 Effective Ways to Get More Out of Intermittent Fasting for Fast Weight Loss**

In this book you will learn about the health benefits of intermittent fasting and its importance. You can also choose from a wide array of fasting options listed in this book that will suit best your lifestyle, profession, eating habits, mentality and gender. All you need to do is stick to a fasting plan and consume no food at all during a certain fasting interval, but merely drink water, while eating normally or simply reducing the intake of calories during the eating period. Lose weight easily and fast through intermittent fasting by sticking to the recommended steps for weight loss with the fasting scheme.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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**Eleonora Plunkett:**

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**Mary Mohammad:**

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