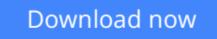


# Ketogenic Diet: Nutritious Low-Carb, High-Fat Ketogenic Recipes to Heal Your Body and Live Healthy (The Ketogenic Diet and Ketogenic Cookbook Book 1)

Cynthia Mitchell



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**The Wait is over.** In this book of Exclusive Ketogenic Diets you'll unlock the weight loss secrets of Low-Carb dieting to completely transform the way you eat, prepare your Ketogenic diet, and your meals. With some of the TOP Recipes for breakfast, lunch, and dinner, Cynthia Mitchell has your diet covered and your journey into a slimmer and healthier you ready to be unlocked!

#### In this Feature Packed Book You'll Get EXCLUSIVE information on:

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- All about the Ketogenic Diet
- Ketogenic Dieting on Professional Athletes
- Ketogenic Diet Breakfast Recipes
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- Ketogenic Diet Dinner Recipes
- Ketogenic Diet Reader Questions
- And much, much MORE!

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- Homemade Low-Carb Egg Baked Mini-Muffins

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