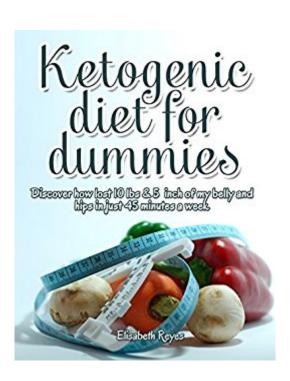
# The book was found

Ketogenic Diet For Dummies:
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# Synopsis

Lose Weight and Achieve the Body of Your Dreams!Today only, get this bestseller for just \$0.99. Regularly priced at \$6.99. Read on your PC, Mac, smart phone, tablet or Kindle device.Now including a Bonus Section right after the Conclusion! Grab Your Copy Today! Are you look for a way toâ |Burn body fat while still eating delicious foods?Improve not only your health, but your self-esteem?Discover a dietary approach that actually works?Whatever your reasons may be for wanting to pick up a copy of Ketogenic Diet for Dummies: Discover How to Lose 10lbs and 5in of Belly Fat and Hips in just 45 Minutes a Week, this guide will walk you through everything you need to know to lose weight fast! Youâ TMve struggled for years to get the body you want â "why not try what really works?With this book, youâ TMII discover:The science behind low carb diets.Which foods to avoid and which foods to enjoy.Tips for keeping the weight off long-term.Important considerations before starting a ketogenic diet.Lose weight and feel great about your body!With Ketogenic Diet for Dummies: Discover How to Lose 10lbs and 5in of Belly Fat and Hips in just 45 Minutes a Week, you wonâ TM believe how quickly the weight comes off.Download your copy now and jumpstart your fat loss!

### **Book Information**

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## **Customer Reviews**

Sorry but this book was silly. I thought it would give me diet examples. It tell me about the diet and what it can do for you. It tells you that it will do for you. That was all. No examples in meal. No real sample of foods. How much to eat. This was worthless. So sorry

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