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KETOGENIC DIET: COOKBOOK VOL. 2 LUNCH RECIPES



Createspace, United States, 2015. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Ketogenic Diet Cookbook Vol. 2 Lunch RecipesThe Ketogenic diet could be considered one of the best diets available for maximum weight loss. Many of the world s leanest men and women have used the ketones released from being in a state of ketosis to achieve amazing bodies.Inside you will discover some awesome recipes that will support your dieting...

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- Authored by Charity Wilson
- Released at 2015



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