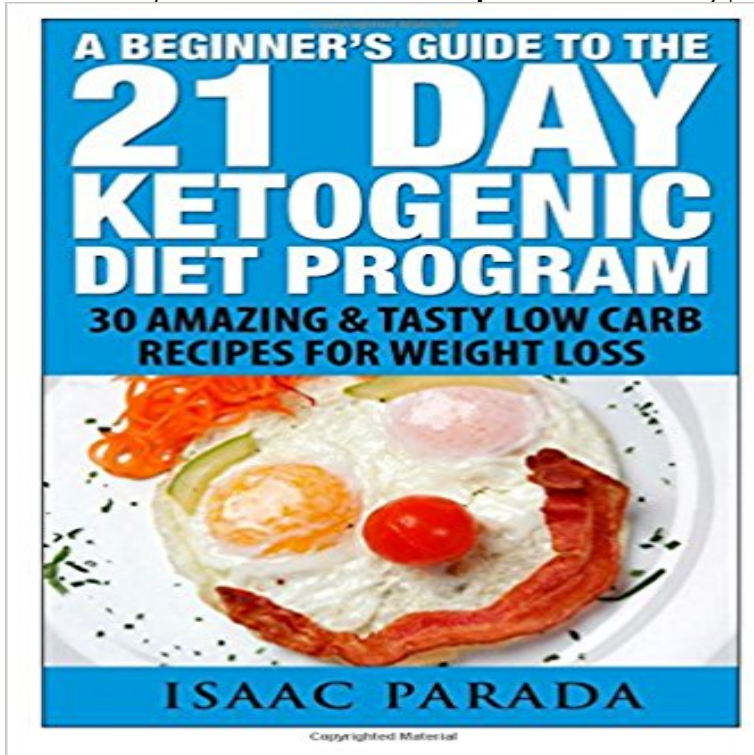


# A Beginners Guide To The 21 Day Ketogenic Diet Program: 30 Amazing & Tasty Low Carb Recipes For Weight Loss



21 Day Ketogenic Diet Lets you solve the common problem of diets: Start with all your energy and then Get lost in the way. (Losing fat) 21-day ketogenic diet will give you all the information you need to get started on this health journey, defeating carbs that your body doesn't need. By following this plan you get: A detailed 21-day meal plan An easy to follow cookbook Clear actions steps toward staying on the plan Optimal health facts On 21-day ketogenic diet, carbs are limited and proteins and fats are eaten as the main source of nutrients, keeping the body in a state of ketosis, burning fats for good, giving a balanced stream of energy to follow your daily activities. Start today investing in a healthier you. Take action now by following this diet.

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