



**Ketogenic Diet (keto diet recipes, ketogenic for weight loss, ketogenic diet for beginners, diabetes diet): 30-Day Quick-Start Guide To Losing Weight Fast (Ketogenic Diet, anti inflammatory diet)**

*Coral James*

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**Have you tried hundreds of diets in the past that either just don't work or you end up putting the weight straight back on? Many people simply give up and think that you can't change your body.**

**IT'S NOT TRUE. You can you lose weight fast in 30 days but it can also be a sustainable long term lifestyle change.**

**How do you think these celebrities stay so slim and gorgeous all the time? Their secret weapon is the Ketogenic Diet.**

**On this diet you can eat loads of food and loose**

**weight at the same time.**

**In this book you will learn;**

**the proven science behind this diet and it's history**

**the additional health benefits you can gain from**

**KD such as reducing your blood pressure and**

**heart disease**

**learning about the mistakes people make so you**

**can avoid the same traps**

**amazing recipes you can make at home for lunch,**

**breakfast, dinner and desert and MUCH MUCH**

**MORE**

**Don't waste your time any longer trying Diets that simply just will not work.**

**Grab your copy now and get the body you have always dreamed about!**

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