



**Ketogenic Diet: 30 Day Ketogenic Challenge:  
Unlock the Secret to Health, Rapid Weight Loss,  
and Explosive Energy; 30 Day Ketogenic Meal  
Plan with Pictures and Nutrition Info for Every  
Recipe!**

*Luca Fontaine*

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# **Ketogenic Diet: 30 Day Ketogenic Challenge: Unlock the Secret to Health, Rapid Weight Loss, and Explosive Energy; 30 Day Ketogenic Meal Plan with Pictures and Nutrition Info for Every Recipe!**

*Luca Fontaine*

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Luca Fontaine

COMPLETE 30 DAY KETOGENIC DIET CHALLENGE MEAL PLAN WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE!

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The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy lifestyle, and feeling great is eating a ketogenic diet!

Join the movement and reclaim your health!

The 30 Day Ketogenic Challenge is more than just a diet. It is a lifestyle and an entire movement based on reclaiming our health and eating healthy, delicious, natural food the way nature intended. Food isn't meant to be engineered by scientists, loaded with chemicals, filled up with highly refined carbohydrates and mass produced in a factory. Food should be an honest, natural, and enjoyable part of life. That's why the ketogenic diet is becoming increasingly popular! Not only that, the evidence has become undeniable: the 30 day Ketogenic Challenge can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! The ketogenic diet has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase your level of mental focus throughout the day, and reduce the risk of major chronic illnesses like diabetes and heart disease!

A complete 30 day meal plan!

This ketogenic diet cookbook makes it easy! Simply start at day 1 and follow the included meal plan for 30 days. Each and every recipe includes a photo of the meal as well as serving size and nutritional information. There are three recipes for each day: an amazing breakfast, satisfying lunch, and mouthwatering dinner – every single day! Enjoy some of the best meals of your life all while maintaining an approved ketogenic diet for optimal health, energy, and weight loss!

Accept the challenge!

The ketogenic diet is not a boring, bland, or starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what living a keto lifestyle is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Begin your Ketogenic Challenge by grabbing this book today and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for a month! The ketogenic diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you

can get your hands on an entire 30 day ketogenic meal plan in this ketogenic cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these meals to your family and friends.

World class meals you can serve to your family and friends with pride!

World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet!

Don't miss out!

Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

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Have you spare time for a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a walk, shopping, or went to the Mall. How about open or maybe read a book titled Ketogenic Diet: 30 Day Ketogenic Challenge: Unlock the Secret to Health, Rapid Weight Loss, and Explosive Energy; 30 Day Ketogenic Meal Plan with Pictures and Nutrition Info for Every Recipe! Maybe it is for being best activity for you. You recognize beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have various other opinion?

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