



Ketogenic Diet: 30 Yummy Breakfasts: 1 Month of Low Carb, High Fat Weight Loss Meals

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The #1 Ketogenic Breakfasts Cookbook

? FLASH SALE + FREE GIFT, GET IT FAST! ?

Join the #1 global weight loss diet today with this fantastic 30-day ketogenic breakfast cookbook.

Do you love food but hate what it does to your body? Do you want to lose weight, but hate sticking to diets? Well, you're in the right place, because with the keto diet you CAN have your cake and eat it!

The Science Behind Weight Loss

Your body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis.

Here your body produces ketones created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones.

This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state.

30 High-Fat, Low-Carb Breakfast Recipes

Packed into this powerful little cookbook are 30 of the most delicious ketogenic breakfast recipes ever created.

These simple, sumptuous meals will have you springing out of bed in the morning. Finally, a diet you can enjoy!

Nutritional Information Included

Unlike other recipe books, ours includes an exact calorie count broken down into fat, carbs and protein to ensure you stay on track for your goals.

It's up to you if you want to use this or simply enjoy the meals, but it's nice to know it's there!

Finally, a Diet you can Enjoy!

Forcing yourself to eat bland, uninspired meals is not a long-term solution to obtaining a healthy body. You will be more likely to relapse or even abandon your diet altogether.

The ketogenic cookbook rekindles your love for food, meaning you will look forward to your every meal. When you enjoy what you are eating the results come easy!!

Free Gift

For a limited time we are giving away 'Top 10 Ketogenic Diet Mistakes' with this book so you can avoid common errors and accelerate fat loss.

Buy now and get it FAST!

Tags: ketogenic cookbook, ketogenic diet, ketogenic recipes, ketogenic diet recipes, keto recipes, keto diet, keto, weight loss, diabetes, epilepsy, LCHF, breakfasts

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Christopher Walker:

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