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you've decided to  
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try the Paleo diet  
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and the recipes  
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book, you will be  
Loss  
discover you can  
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still eat delicious  
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food that never

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Are you still

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thinking about the  
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carbs that you  
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consumed

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yesterday? Maybe

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you're planning  
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or considering

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what food to order  
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best time for you

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to be aware of a  
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low-carb diet. It

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has been

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considered as a

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"healthy" diet

Full Of  
which means its

Antioxidants  
limits

Phytochemicals  
carbohydrates and

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allows only

Loss  
proteins and fats,

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decreasing in

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calories. In fact, it

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has been proven  
to reduce fat

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Cholesterol Whole

accumulation in  
your body which

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ultimately can

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decrease health

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risks such as

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obesity and high

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cholesterol levels.

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Low-carb diets are

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also known for

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providing lots of

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effective workouts  
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time promoting  
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due to water  
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weight reduction  
Phytochemicals  
on a daily basis. It  
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is also considered  
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the best diet to  
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carb diet does not  
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mean you have to  
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avoid  
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carbohydrates  
Phytochemicals  
entirely.

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important source  
of energy for your  
body. In fact,



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should make up

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45% of your daily

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calories intake. A

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primarily focuses

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on reducing

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excess

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carbohydrate

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intake by limiting

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sugars and

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starches-rich food,

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Cholesterol Whole  
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however, it doesn't mean you'll be completely deprived of eating carbohydrates; even vegetables are included in your meal plan every day.

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research that the  
ketogenic lifestyle  
may help reverse  
illness, promote  
longevity, and be  
the best diet for  
losing weight.

Millions of people  
are transitioning to  
a ketogenic diet to  
look and feel their  
best. However,

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***carbohydrate***

***restriction,***

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protein intake,*

*and real food-*

*based fats.*

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*experience*

*weight loss and*

*improved*

*energy, and*

*never feel*

*deprived thanks*

*to its flavorful,*

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foods!**

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worrisome due  
to potential  
health  
implications.  
Many people  
are curious***

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*about the Keto  
lifestyle, given*

*the weight loss*

*results they*

*hear about from*

*others, but will*

*not attempt the*

*diet as the fat*

*intake*

*requirement*

*sounds*

*daunting!*

*Almost Keto*

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**will provide a  
formal, lower  
fat, higher  
fiber, higher  
micro-nutrient  
nutrition plan  
while still  
employing  
cleaner keto-  
approved foods.  
It will help  
readers yield  
positive weight**



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**loss and blood**  
Quick Easy Gluten  
**sugar level**  
Free Low  
**results while**  
Cholesterol Whole  
**providing a**  
Foods Recipes  
**more**  
Full Of  
**sustainable and**  
Healthy Snacks  
**healthier**  
lifestyle. A  
Natural Weight  
**practical how-to**  
Loss  
**guide with**  
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**nutrition**  
Book 316  
**education**  
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**studies), Almost  
Quick Easy Gluten  
Keto also  
Free Low  
provides over  
Cholesterol Whole  
100 recipes that  
Foods Recipes  
incorporate  
Keto-approved  
Antioxidants  
foods.  
Nutritionist  
Aimee  
Aristotelous  
Natural Weight  
Loss  
will break down  
Transformation  
the different  
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types of Keto,**

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100 Of What

to eliminate.

She will debunk

mainstream

dietary myths,

provide sample

meal plans, and

offer dozens of

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**delicious, Keto-  
friendly recipes  
you'll want to  
try  
immediately.  
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Cooking will  
revolutionize  
your approach  
to living a  
ketogenic  
lifestyle! Widely**

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***known and  
publicized as a  
treatment for  
epilepsy; the  
Ketogenic diet  
can also aid in  
many other  
medical  
conditions  
including  
hypertension,  
obesity and  
heart disease.***

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Foods Recipes

recipes

targeting

specific

conditions,

making it easier

for those

looking for to

help find

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**information and  
meal plans**

Quick Easy Gluten

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**quickly. Maria**

Cholesterol Whole

**Emmerich is**

Foods Recipes

**the go-to for**

Full Of

**recipes among**

Anti-Inflammation

**the Ketogenic**

Phytochemicals

**world.**

Natural Weight

**The Complete**

Loss

**Keto Guide for**

Transformation

**Beginners After**

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**50**

**Vegan Keto**

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***Burn Stubborn***  
***Fat and Reset***  
***Metabolism in 1***  
***Week***  
***Over 100 Keto***  
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Using This  
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Carb Ketogenic  
Diet Meal Plan  
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Ketogenic Diet |  
Keto Diet  
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Sample Keto**

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***Meal Plan for 1  
Week ~ TIPS***

***for SUCCESS on  
the***

***KETOGENIC***

***DIET | Key Take***

***Aways From***

***Eating***

***How to Lose***

***Weight with***

***Quick and***

***Healthy Keto***

***Diet Recipes -***

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***Bonus: 45 Days***

***Weight Loss***

***Challenge***

***The Power of***

***Keto Vegetarian***

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***Weight with***

***Quick and***

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***Recipes For***

***Everyone*** □

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Quick Easy Gluten

Free Low  You

Cholesterol Whole

Foods Recipes

things about

equipment and

usage? You

want to lose

weight

immediately?

You want to eat

healthy and

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**save time in the  
kitchen with  
easy, set-and-  
forget recipes?**  
You need a big  
variety of  
recipes for  
different  
occasions? You  
want to know  
how you can  
serve your  
family and

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friends healthy  
Quick Easy Gluten

and delicious  
Free Low

recipes every  
Cholesterol Whole

weekend? Keto  
Fruits Recipes

diet is a  
Full Of

shortened term  
Arión

for "ketogenic"  
Psychochemicals

diet. It refers to  
Natural Weight

the focus on  
Loss

burning  
Transformation

ketones instead  
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of glucose.  
Ketones are the

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Free Low

Cholesterol Whole

Food Recipes

Full Of

Antioxidants

Phytochemicals

Natural Weight

Loss

Transformation

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**result of fat  
production  
while glucose  
and insulin are  
the result of  
carbs. Such diet  
mainly  
comprises of  
food items  
which are rich  
in fat. An ideal  
keto diet item  
should include**

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**70-80% fat in it.**

Quick Easy Gluten

Free Low

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Food Recipes

the body

instantiates a

process called

ketosis. During

this process,

ketones are

formed to

breakdown the



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ketones as their

primary source

of energy. This

is the state we

try to achieve

through a keto

diet plan. Since

starving

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**someone of  
food entirely is  
not a wise  
chose, keto diet  
helps to remove  
the excess  
carbohydrates.  
This ultimate  
cookbook  
focuses on  
following areas**  
What is keto  
diet?, How does

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**Advantages**  
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**Brekfast,**  
Lunch, Dinner  
**& Dessert**  
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Tricks 45 Days  
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**Weight Loss**  
Loss  
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**finding this**

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**book! In it, you**

**will find plenty**

**of recipes about**

**keto. Whether**

**you are just**

**beginning your**

**cooking**

**journey, or you**

**are a seasoned**

**pro, you will**

**find something**

**to suit your**

**skill and tastes**

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**more exciting**  
Full Of  
**and enjoyable.**  
Art to Eat  
**You can find**  
My to Chemicals  
**new culinary**  
Natural Weight  
**possibilities**  
Loss  
**with keto, so**  
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**grab it while**  
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**you can! Don't**  
**miss out on this**

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**chance to grow  
your repertoire  
and create  
delicious dishes  
in the comfort  
of your own  
kitchen. So  
what are you  
waiting for?  
Choose a recipe  
and get  
started... enjoy!**  
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**diet is a dietary  
approach that  
involves eating  
only a very  
small amount of  
carbohydrates,  
and instead  
getting most of  
your energy  
from high-fat  
and protein rich  
foods. Losing  
weight and**



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**keeping fit after  
45 to 50 is  
increasingly  
difficult  
because your  
metabolism  
inevitably slows  
down, which is  
why it is so  
important to  
follow a  
healthy,  
balanced**

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**lifestyle. This**  
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**cookbook will**  
Free Low  
**make you**  
Cholesterol Whole  
**understand**  
Foods Principles  
**what actually a**  
Keto Of  
**Ketogenic diet**  
Anti-Inflammation  
**is and why you**  
Phytochemicals  
**should consider**  
Natural Weight  
**it. Keto for**  
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**Furthermore,**  
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**this cookbook**  
**will give you**

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**incredibly tasty  
keto recipes for  
breakfast,  
lunch, dinner,  
snack, and  
desserts. The  
ketogenic diet  
can be  
compared to a  
strict low-carb  
diet. For the  
most part, you  
will avoid**

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**carbohydrates,  
consume a lot  
of fat and  
sufficient  
protein. In our  
book you will  
find out how  
exactly the keto  
diet works and  
what you should  
pay attention  
to. In addition  
to**

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Antioxidants

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**170+ delicious  
and varied  
recipes, there is  
also a nutrition  
and training  
plan waiting for  
you, so that the  
change in diet  
is very easy for  
you and you  
achieve optimal  
results.**

**If you are**

*Page 93/340*

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familiar with  
Quick Easy Gluten  
current trend  
Free Low  
you'll know that  
Cholesterol/Whole  
being healthy  
Food Recipes  
and fit is the  
new cool.

Luckily, the  
Vegan Keto diet  
has proven to  
be effective in  
achieving both  
these goals. The  
success of this

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**diet is mainly  
due the fact  
that it  
combines the  
meal plan of a  
vegan and keto  
lifestyle. This  
super combo  
provides a diet  
with low-carb,  
and high-fat  
effective for  
weight loss. In**

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**recent times**  
Quick Easy Gluten  
**people are**  
Free Low  
**beginning to**  
Cholesterol Whole  
**pay more**  
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**attention to**  
Full Of  
**their eating**  
Myth Busters  
**habits. As a**  
Myth Busters  
**result, the**  
Natural Weight  
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Loss  
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**acceptance.**  
Those who had



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**previously**  
**ignored dieting**  
**are starting to**  
**give it a**  
**thought. My**  
**journey as a**  
**vegetarian**  
**began about 2**  
**years ago. Prior**  
**to that, I**  
**struggled to**  
**keep up to a**  
**diet plan,**

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**always sneaking  
in-between my  
dieting plan to  
get a quick bite  
of my favorite  
burger.**

**However,  
everything  
changed  
precisely 2  
years ago. I  
discovered the  
vegan keto diet,**

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**as way to spice  
up the  
vegetarian  
lifestyle, and  
made a decision  
to religiously  
keep to this diet  
plan. Looking  
back at my  
dieting success,  
and having lost  
100lbs within  
2years I**

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**decided to write  
this book, the**

**vegan keto diet**

**for beginners.**

**It chronicles**

**the different**

**recipes I have**

**loved and**

**cherished for**

**the past 2**

**years. With 45+**

**delicious meals**

**that I**

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**personally have  
tried, this book  
would guide you  
on the  
ingredients and  
instruction to  
prepare the  
meals for  
breakfast,  
lunch, dinner,  
snacks and  
desert. I have  
structured the**

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**you do not have**  
Free Low  
**to worry about**  
Cholesterol Whole  
**planning your**  
Foods Recipes  
**meals, just**  
Follow the  
**recipes for**  
Anti Inflammation  
**breakfast,**  
Psychonutritionals  
**lunch and**  
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**dinner and**  
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**you'll start**  
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**This is a very**  
My Chemical  
**helpful and**  
Natural Weight  
**useful diet book**  
Loss  
**for the beginne**  
Transformation  
**r's. Inside this**  
Book 316  
**book you will**  
**find simple**  
**ingredients**

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**with less than 8  
ingredients per  
recipe, quick  
and easy  
recipes ready in  
30-45 minutes,  
motivations and  
quick tips for  
adopting and  
maintaining a  
healthy keto  
diet lifestyle  
and much more.**



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Recipes Recipes -

**Simple**

**Ingredients**

**with less than 8**

**ingredients per**

**recipe - Quick**

**and easy**

**recipes ready in**

**30-45 minutes -**

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**35 best selected  
everyday keto  
diet recipes for  
breakfast,  
lunch, dinner,  
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**An informative  
overview of diet  
cooking that  
will help you  
understand the  
basics of Keto.**

Autoimmune  
Phytochemicals  
Natural Weight  
Loss

**Use these  
recipes, and  
start your Keto  
today!**

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50 Top  
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Recipes  
Keto Basics  
Natural Weight  
*Simplify the keto  
diet and customize it  
to fit your lifestyle*

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*with this accessible,  
easy-to-use guide!*

*Lately, more and  
more people have  
been turning to the  
keto diet for its high-  
fat, low carb  
approach to health  
and weight-loss. But  
with so many rules  
and restrictions, how  
do you know where*

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*to begin? (And what  
if you're just not*

*ready to give up*

*pizza?!)* Keto Basics

*is here to show you*

*how easy to follow*

*the keto diet can be,*

*and how you can*

*make it work for*

*you, not the other*

*way around! Keto*

*Diets acknowledges*



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*that just because a*

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*popular diet works*

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*one way for one*

Cholesterol Whole

*person doesn't mean*

Foods Recipes

*it'll work the same*

Full Of

*way for you.*

Antioxidants

*Instead, it offers*

Phytochemicals

*simple, easy to*

Natural Weight

*understand*

Loss

*explanations and*

Transformation

*one hundred tips,*

Book 316

*tricks, and advice on*

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*how to adapt the*

*keto diet to fit your*

*needs! Say goodbye*

*to the one-size-fits-*

*all approach to the*

*keto diet with Keto*

*Basics.*

*Ketogenic*

*Breakfast Over 45*

*Quick & Easy*

*Gluten Free Low*

*Cholesterol Whole*

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Quick Easy Gluten

Free Low

Cholesterol Whole

Foods Recipes

Full Of

Antioxidants

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***Get to Know Keto***

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***Plan for Beginners -***

***the Simple, Easy and***

***User-Friendly Ways***

***for Quick Weight***

***Loss Beginning the***

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*journey of the  
ketogenic diet can be*

*overwhelming and*

*complex since there*

*are so much to*

*learn, so many*

*resources to choose*

*from and so many*

*recipes to prepare.*

*We know that you*

*crave quick and*

*effortless recipes? A*

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Free Low

Cholesterol Whole

Foods Recipes

Full Of

Antioxidants

Phytochemicals

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*tasty breakfast,  
sumptuous lunch,  
and light dinner  
with your loved ones  
is what you should  
need to cut down on  
those extra weights  
and carbs. If you  
seek a cookbook that  
contains all the  
right recipes that  
are quick and easy*

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Cholesterol Whole

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Loss

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*and that will help*

*you to produce*

*dishes that are*

*healthy and*

*delicious, then*

*you've made the best*

*choice and decision*

*and I appreciate the*

*fact that you trust*

*me enough to*

*deliver. We are here*

*to make it easy for*

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*you by providing you  
with this all-*

Free Low

*encompassing Keto*

Cholesterol Whole

*Diet Cookbook for*

Foods Recipes

*Beginners With over*

Full Of

*100 Keto Recipes*

Antioxidants

*and Meal Plans for*

Phytochemicals

*Beginners. This*

Natural Weight

*easy, yet powerful*

Loss

*keto diet cookbook*

Transformation

*has plenty of content*

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*that can help you in*

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Antioxidants

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*this fantastic  
journey in the  
following  
categories:*

*Ketogenic and  
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to know about  
ketogenic for its  
benefits for good  
health and weight  
loss How to avoid  
excess carbs---An*



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*gives you some great  
benefits of keto  
dieting such as for  
managing heart  
diseases 100*  
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*Delectable and  
Luscious*  
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*Recipes-- This book  
takes you on a ride  
from quick and easy  
breakfast recipes  
such as Scrambled  
Veggie Tofu,  
Eggless French  
Toast; to great  
meatless and  
vegetarian lunch  
such as the Asian  
Rolls with Zesty*

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craveable side dishes

Natural Weight

and snacks and

party recipes that

can be prepared in

45 minutes or less

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*Plan--The book*

*helps you to get the  
right food when you  
eat by eliminating*

*the guesswork when  
choosing your meal  
for a 14-days keto*

*diet meal plan The*

*Big Picture--The*

*book also provides*

*you with the big*

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Foods Recipes  
*healthy lifestyles*  
Full Of  
*This Keto Diet*  
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*Cookbook for*  
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Phytochemicals

*break through those*

Natural Weight

*unshakeable pounds*

Loss

*and reveal the*

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*dream body inside*

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*food and finally see*  
Antioxidants  
*amazing results? As*  
Phytochemicals  
*much as it sounds*  
Natural Weight  
*too good to be true,*  
Loss  
*millions of people*  
Transformation  
*have already*  
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can be a particular

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that really don't

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and then regain any

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has kept her weight off for six years! She left behind a giant dent on the couch to run twelve marathons, two of which earned her a first-place marathon medal. As part of the chosen "Clean Start Team", Stephanie ran the New York City

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*epilepsy, and  
more. On the  
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body enters a  
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*This diet is also*

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*termed as*

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*focuses on*

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*increasing high-*

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*fat content*

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*reducing the*

*carb intake. For*

*this reason, it is*

*is also*

*sometimes*

*confused with*

*low-carb and*

*Atkins diets.*

*Ketogenic diet,*

*basically,*

*involves*

*reducing the*

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consumption of  
carbohydrates  
drastically and  
replacing that  
with fat. The  
sudden change  
in your eating  
pattern will put  
your body into a  
metabolic state  
known as  
ketosis. In This

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help you  
discover what  
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busy is your  
main reason not  
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goals, I guess  
you should let  
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remember: You  
don't have to  
deprive yourself  
from foods you  
love in order to  
remain  
healthy. You can

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*do so by trying a*

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*the Peanut*

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*of poor health,*

*lethargy and*

*moderate*

*obesity. We live*

*with headaches,*

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*back pain,*

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*inflammation,*

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*arthritis, high*

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*blood pressure,*

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*high*

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*cholesterol,*

Antioxidants

*diabetes, skin*

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*problems,*

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*insomnia and*

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*cancer - they're*

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*all the*

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*diet, based on*

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*processed food.*

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*foods and the*

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*medicine and*

Antioxidants

*they can help*

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*with all these*

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*symptoms!!*

Loss

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recipes created  
with 100%  
Superfoods  
ingredients.  
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meals can be  
prepared in  
under 15  
minutes. Each  
recipe combines*

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Antioxidants,

essential fatty

acids (like

omega-3),

minerals,

vitamins, and

more. "Our

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Our Medicine*

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*And Our*

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*Medicine*

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your hormones.

It's nearly

impossible to

lose fat if your

hormones are

out of balance.

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works because

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*it's return to the  
type of food  
your body  
naturally craves  
and was  
designed for.  
Whole foods  
Superfoods is  
the food humans  
consumed for  
literally millions  
of years.*



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*processed foods,  
hybridized  
foods, gluten  
foods and high  
glycemic foods.*

*There is nothing  
super in any of  
the processed  
foods or today's  
hybridized  
wheat, corn, soy  
or potatoes.*

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*restrict any*

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*major type of*

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*food. If features:*

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*Healthy Fats:*

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Full Of

*Seeds, Coconut*

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*Oil, Avocado*

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*Proteins:*

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Turmeric,

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Cacao,

Phytochemicals  
Cinnamon,

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Superfoods are

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*packed foods*

*especially*

*beneficial for*

*health and well-*

*being. After*

*eating these*

*superior sources*

*of anti-oxidants*

*and essential*

*nutrients for*

*only a week or*

*two you will:*

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Lose 10 pounds  
Quick Easy Gluten  
in 10 days:

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10-Day Low

Cholesterol Whole

Carb & High

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and Healthy

Phytochemicals

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That diet is

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can

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ten pounds in

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only ten days.

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added benefits

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to it as well.

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Tags: Low Carb

Cholesterol Whole

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Foods Recipes  
Lunch, Dinner,  
Full Of  
Dessert, And  
Antioxidants  
More: Lazy  
Phytochemicals  
Keto Meals  
Natural Weight  
Loss  
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Diet 2016

Are you still thinking  
about the carbs that  
you consumed  
yesterday? Maybe

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you're planning your  
Quick Easy Gluten  
next vacation or  
Fresh  
considering what food  
to order tonight. Now  
Orbital Whole  
is the best time for  
Foods Recipes  
you to be aware of a  
Full Of  
low-carb diet. It has  
Antioxidants  
been considered a  
Phytochemicals  
"healthy" diet, which  
Natural Weight  
limits carbohydrates  
and allows only  
Transformation  
proteins and fats,  
Book 318  
decreasing in  
calories. In fact, it has

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been proven to  
Quick Easy Gluten  
reduce fat  
Free  
accumulation in your  
body which ultimately  
can decrease health  
Foods Recipes  
risks such as obesity  
Full Of  
and high cholesterol  
Antioxidants  
levels. Low-carb diets  
Phytochemicals  
are also known for  
Natural Weight  
providing lots of  
energy for effective  
workouts while at the  
Transformation  
same time promoting  
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healthy weight loss

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due to water weight  
reduction daily. It is

also considered the

best diet to lose

weight, especially for

high blood pressure

or diabetes. This book

covers: - What is a

low-carb diet? - What

are the benefits -

Breakfast - Lunch -

Dinner - Snacks -

Appetizer -

Vegetarian - Vegan -

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Desserts And much  
more! However, a low-

carb diet does not

mean you have to

avoid carbohydrates

entirely. Carbohydrate

is an important source

of energy for your

body. In fact,

carbohydrates should

make up 45% of your

daily calories intake.

A low-carb diet

primarily focuses on

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reducing excess  
Quick Easy Gluten  
carbohydrate intake  
Free Low  
by limiting sugars and  
Carbs to Whole  
starches-rich food,  
Foods Recipes  
however, it doesn't  
Full Of  
mean you'll be  
Antioxidants  
completely deprived  
Phytochemicals  
of eating  
Natural Weight  
carbohydrates; even  
Loss  
vegetables are  
included in your meal  
Transformation  
plan every day.

Do you want to lose  
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weight fast? Are you a

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vegan? Then the

Quick Easy Gluten

Free Low Carb

Then Read Below

The Ketogenic diet

promotes

consumption of fats

that are good for the

body while reducing

the carbohydrate

intake. Carbohydrates

are required by the

body to carry out day-

to-day activities.



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Quick Easy Gluten

Free Low

Cholesterol Whole

Grains Recipes

Full Of

Antioxidants

Phytochemicals

Normal Weight

Loss

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Book 318

Transformation

Book 318

However, a modern diet is so high-carb that not all of it gets used up in a day. The spare gets stored in the body in the form of fat. This fat can sometimes turn into visceral fat, which is difficult to loosen and eliminate. The result will be an obese body that is incapable of burning the excessive

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fat deposits. The  
Quick Easy Gluten  
Ketogenic diet aims at  
Eliminating such a  
situation. It helps cut  
down on the  
Foods Recipes  
carbohydrates that  
Full Of  
are converted to fat  
Antioxidants  
and promotes  
Phytochemicals  
consumption of good  
Natural Weight  
fat that helps in  
breaking down the  
stored fat. There is  
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widespread  
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misconception that

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the Ketogenic is a  
meat-based diet.

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Whole

Recipes

Full Of

Antioxidants

Ketogenic diet

promotes

consumption of fresh

fruits, vegetables and

whole grains that are

free from chemical

processing. It strictly

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Antioxidants  
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forbids consumption of junk and processed foods that are capable of filling up the body with toxins. Apart from weight loss, the ketogenic diet provides a whole host of other benefits that are great for the body. Some of these include fighting illnesses such as cancer and cardiovascular

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disease, enhancing  
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skin and hair health,  
Free Low  
increasing energy and  
building a strong  
Whole  
immunity. Here's what  
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you'll learn: What is  
Pull Of  
the Vegan Ketogenic  
Antioxidants  
Diet? Simple recipes  
Phytochemicals  
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get you started Learn  
Phytochemicals  
How To Make These  
Neuro Weight  
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Loss  
Pancakes Cantaloupe  
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Smoothie Chilled  
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Avocado Soup Mock

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Tuna Salad Spicy

Quick Easy Gluten

Almonds Low Carb

Pad Thai And much,

much more!

The ketogenic diet is

the most famous and

easy way to feel

healthy and lose the

weight. There are

some proven health

benefits of Ketogenic

Diet: Triglycerides

Tend to go Way Down

Increased Levels of

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HDL (the "good")  
Cholesterol Reduced  
Blood Sugar and  
Insulin Levels, With a  
Major Improvement in  
Type 2 Diabetes  
Blood Pressure Tends  
to go Down Ketogenic  
Diet is Therapeutic  
For Several Brain  
Disorders This book  
will be your guide to  
the world of Keto  
cooking. It contains



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can find tasty,  
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delightful, and easy to  
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cook recipes, so there  
Full Of  
is no any need to  
Antioxidants  
come up what to eat  
Phytochemicals  
for lunch, dinner, or  
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breakfast. You will  
lose weight  
discover: How to cook  
various and tasty  
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ingredients Recipes  
for breakfast, lunch,

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dinner Recipes for  
fish, meat & veggies  
Nutritional value for  
each recipe Prep  
time, cooking time  
and number of  
servings for each  
recipe Each recipe is  
written in easy to  
follow steps The  
following of the  
healthy way of life -  
should be connected  
not only with the

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with the tasty food.  
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experiments in your  
Whole  
kitchen - just  
Foods Recipes  
remember to  
Full of  
substitute the grains,  
Antioxidants  
bread, and fruits with  
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the keto-friendly  
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substitutes.

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WHEN IT COMES TO  
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BODY. According to

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Cholesterol Whole

without exercise. "

How amazing is that if

you are a super busy

woman with work,

family, home, and

there is no room on

your agenda for

exercising? But food

goes beyond

reshaping your body...

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It can completely  
change your inner

chemistry, with the

consequence of

balancing your

hormones (it can

cancel the hormonal

changes typical of

menopause). It can

also give you or take

your energy away,

and make or break

your overall health as

well. But what is the

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food that works for  
you? Certainly not the

"generic" food: the

one you find in your

kitchen and eat

randomly. You need

"strategic" food: the

one specifically

designed by

nutritionists for the

stage of life you are in

(your fifties, or so).

After all, you can't eat

like your kids and

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expecting to lose  
weight. This guide  
provides you with the  
best recipes for your  
fifties, in order to lose  
weight, reshape your  
body, balancing your  
hormones, and feeling  
at your best. Here is a  
breakdown of what  
you'll find throughout  
its pages: Over 70  
delicious recipes on a  
budget. No overpriced



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ingredients, only  
"down-to-earth" ones  
that don't exceed your  
grocery budget Just a  
couple of recipes:  
Onion Soup (under 3  
dollars) and Asian  
Chicken Lettuce  
Wraps (under 5  
dollars) A ready-made  
30-Day meal plan that  
tells you what to eat  
meal by meal, without  
you having to think

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about it (the recipes  
are divided into

breakfast, lunch,

dinner, and snack)

Which are the 7

unexpected benefits  
of the ketogenic diet

for menopausal

women, that go far

beyond weight loss

(they positively affect

the cognitive functions

as well as the sex life)

The Prohibited

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a blacklist) And so  
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*Loss Challenge ?*

*You want to learn*

*some important*

*things about*

*equipment and*

*usage? You want to*

*lose weight*

*immediately? You*

*want to eat healthy*

*and save time in the*

*kitchen with easy,*

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*big variety of*  
Cholesterol Whole  
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Foods Recipes  
*occasions? You*  
Full Of  
*want to know how*  
Antioxidants  
*you can serve your*  
Phytochemicals  
*family and friends*  
Natural Weight  
*healthy and*  
Loss  
*delicious recipes*  
Transformation  
*every weekend?*  
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*Keto diet is a*



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*shortened term for  
"ketogenic" diet. It*

*refers to the focus  
on burning ketones  
instead of glucose.*

*Ketones are the  
result of fat  
production while  
glucose and insulin*

*are the result of  
carbs. Such diet  
mainly comprises of*

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Cholesterol Whole  
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Antioxidants  
Phytochemicals  
Natural Weight  
Loss  
Transformation  
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*food items which  
are rich in fat. An  
ideal keto diet item  
should include  
70-80% fat in it.*

*When you reduce  
the amount of  
carbohydrates, the  
body instantiates a  
process called  
ketosis. During this  
process, ketones are*

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*formed to*  
*breakdown the fats*  
*stored in the liver.*  
*The body then*  
*switches to burning*  
*ketones as their*  
*primary source of*  
*energy. This is the*  
*state we try to*  
*achieve through a*  
*keto diet plan. Since*  
*starving someone of*

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Phytochemicals  
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*food entirely is not a  
wise chose, keto diet  
helps to remove the  
excess  
carbohydrates. This  
ultimate cookbook  
focuses on following  
areas What is keto  
diet?, How does it  
work? Advantages  
Where do I have to  
pay attention*

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*Brekfast, Lunch,*

*Dinner & Dessert*

*Recipes Tips &*

*Tricks 45 Days*

*Weight Loss*

*Challenge Congrats*

*on finding this*

*book! In it, you will*

*find plenty of*

*recipes about keto.*

*Whether you are*

*just beginning your*

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*cooking journey, or*  
Quick Easy Gluten  
*you are a seasoned*  
Free Low  
*pro, you will find*  
Cholesterol Whole  
*something to suit*  
Foods Recipes  
*your skill and tastes*  
Full Of  
*in this book. Each*  
Antioxidants  
*recipe is easy to*  
Phytochemicals  
*cook with clear*  
Natural Weight  
*explanations and*  
Loss  
*simple steps, but it*  
Transformation  
*also offers a few*  
Book 316  
*twists and tricks to*

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*spice it up. Plus,*  
Quick Easy Gluten  
*you will find*  
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*insights and ideas*  
Cholesterol Whole  
*that will make your*  
Foods Recipes  
*cooking experience*  
Full Of  
*more exciting and*  
Antioxidants  
*enjoyable. You can*  
Phytochemicals  
*find new culinary*  
Natural Weight  
*possibilities with*  
Loss  
*keto, so grab it*  
Transformation  
*while you can!*  
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*Don't miss out on*

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*this chance to grow  
your repertoire and  
create delicious  
dishes in the  
comfort of your own  
kitchen. So what are  
you waiting for?  
Choose a recipe and  
get started... enjoy!*

Free Low  
Cholesterol Whole  
Foods Recipes  
Full Of  
Antioxidants  
Phytochemicals  
Natural Weight  
Loss  
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smartphone, tablet*



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*Struggled To Lose*

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*year in the United*

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Phytochemicals  
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*people just like you  
go on a diet with the  
ultimate goal to lose  
weight and live a  
healthy lifestyle. But  
did you know that  
75% of those people  
give up within 3  
weeks? Could you  
be one of them? You  
see, most people  
find it hard to stay*

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*motivated and give*

Quick Easy Gluten

*up on the dream*

Free Low

*body they always*

Cholesterol Whole

*wanted. Maybe you*

Foods Recipes

*have not seen*

Full Of

*results quickly and*

Antioxidants

*wondered - is it*

Phytochemicals

*worth your time or*

Natural Weight

*money? With the*

Loss

*Keto Diet, you can*

Transformation

*try a diet which is*

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*quick and easy and*

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Ketogenic  
Breakfast Over 45  
*has helped many  
Americans lose 4lbs  
a week! The Keto  
Diet allows the body  
to be put into a  
metabolic state of  
Ketosis where the  
liver produces  
ketones. During  
Ketosis, your body  
naturally burns fat  
for you just from*

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*eating the right  
foods discussed in  
this book. In this  
book Keto Meal  
Plan: How To Lose  
Weight Fast Using  
This Simple Low-  
Carb Ketogenic Diet  
Meal Plan you will  
discover: The  
Origins Of The Keto  
Diet And How It*

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*Applies To Today's  
Society What Foods  
Will Help Your  
Body To Reach A  
State Of Ketosis The  
Simple 30 Day Meal  
Plan Suitable For  
Anyone's Budget  
How You Can Lose  
Weight Even With A  
High-Fat Diet  
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*Lunch, And Dinner*

*- You Won't Even*

*Feel Like You're On*

*A Diet! The Secret*

*Trick That*

*Celebrities Use To*

*Maintain Results*

*After The Diet And*

*much, much more!*

*Much of this advice*

*goes against all*

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*conventional dieting*

Quick Easy Gluten  
*wisdom. In fact,*

Free Low  
*some of the advice*

Cholesterol Whole  
*sounds downright*

Foods Recipes  
*ridiculous to a non-*

Full Of  
*professional but it*

Antioxidants  
*has helped many*

Phytochemicals  
*women all over the*

Natural Weight  
*world to shed weight*

Loss  
*and achieve their*

Transformation  
*weight loss goals.*

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*Even if you have*



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*failed every other*

*diet you've been on,*

*this meal plan is so*

*easy to follow you'll*

*wish you tried it a*

*long time ago!*

*Many women have*

*even seen results in*

*the first week! So if*

*you want to lose*

*weight and feel*

*happy in your own*

*transformation*

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*Process Of Getting*

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*Carb Dinners In A*

*Small Amount Of*

*Time Following a*

*low-carb diet can*

*require you to spend*

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*a bit more time in*

Quick Easy Gluten

*your kitchen, since*

Free Low

*most commercially-*

Cholesterol Whole

*prepared meals are*

Foods Recipes

*too high in*

Full Of

*carbohydrates. To*

Antioxidants

*save time, cook in*

Phytochemicals

*batches and freeze*

Natural Weight

*food in individual*

Loss

*portions ahead of*

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*time so that you can*

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*more easily stick to*

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*your low-carb plan*

*on busy days. This*

*book is all about*

*helping you to stick*

*to your low carb diet*

*no matter how busy*

*your daily schedule*

*is. You will find a*

*low carb diet*

*overview along with*

*45 easy make ahead*

*low carb recipes.*

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*For instance, you  
no longer have to  
rely on just coffee or  
cereal during the  
early morning rush  
because you will  
find 10 delicious  
and nutritious make  
ahead breakfast  
recipes from low  
carb "breads",  
muffins, crackers,*

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*so on. Lunch and*

*dinner are not a*

*problem as well*

*because you will*

*find 30 fast and easy*

*make ahead recipes,*

*including fish, beef,*

*pork, poultry, main*

*dish salads, and*

*even slow cook*

*soups and stews.*

*You can prepare*

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Breakfast Over 45

*these dishes home*

Quick Easy Gluten

*and then simply*

Free Low

*store in the*

Cholesterol Whole

*refrigerator until*

Foods Recipes

*ready to reheat and*

Full Of

*eat. You can even*

Antioxidants

*pack them up for*

Phytochemicals

*lunch on the go. No*

Natural Weight

*need to slave over*

Loss

*the stove just to*

Transformation

*enjoy dinner with*

Book 316

*the family. Lastly,*

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*Breakfast Over 45  
you will also find 10  
Quick Easy Gluten  
delicious and easy  
Free Low  
to follow dessert  
Cholesterol Whole  
recipes that you can  
Foods Recipes  
make ahead during  
Full Of  
your free time. Now  
Antioxidants  
you can satisfy your  
Phytochemicals  
sweet tooth without  
Natural Weight  
defying your low  
Loss  
carb diet. The great  
Transformation  
thing about this  
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book is it will fit*



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Breakfast Over 45  
*perfectly to any busy*

Quick Easy Gluten  
*person's weekly*

Free Low  
*schedule. Create*

Cholesterol Whole  
*your weekly or bi-*

Foods Recipes  
*monthly meal plan*

Full Of  
*with the help of*

Antioxidants  
*these recipes and*

Phytochemicals  
*you can save a lot of*

Natural Weight  
*time on grocery*

Loss  
*shopping and food*

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*preparation. Here Is*

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*Cinnamon Raisin*

Free Low

*Bread Sunflower*

Cholesterol Whole

*Cheddar Crackers*

Foods Recipes

*Rock Salt Baked*

Full Of

*Fish Pan Barbecued*

Antioxidants

*Sea Bass Pepper*

Phytochemicals

*Steak with Whiskey*

Natural Weight

*Sauce Lemon*

Loss

*Ginger Pork Chops*

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*Tuna Salad with*

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*Mustard Mayo and*

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*Olives Mother*

*Hubbard's Soup*

*Monterrey Chili*

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