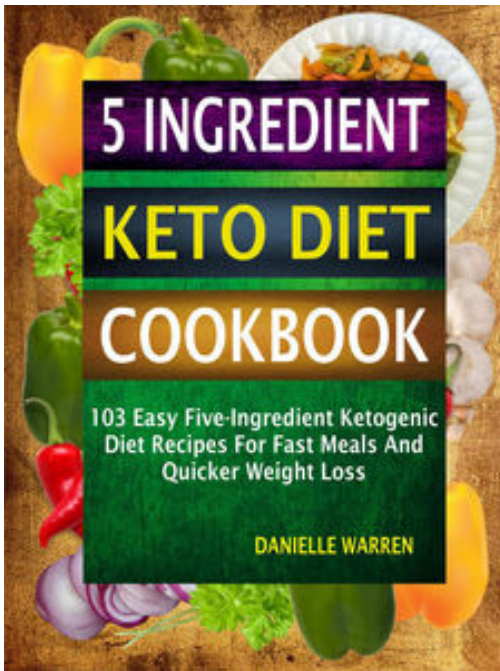


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***Burn Fat, Stay Healthy And Keep Off Unwanted Weight.***

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- 103 recipes with just 5 ingredients
- Nutritional information for tracking your meals
- Recipes with less than 10 grams per serving to promote ketosis and fat burning
- Detailed, clear and simple instructions for every meal
- Recipes with just a few minutes preparation time to further save you time
- Recipes grouped conveniently into Breakfast, Soups & Stews, Poultry, Beef, Pork, Vegetables & Sides, Seafood and Desserts

Complying with the ketogenic diet will become easier with this book. It is an investment in your health that you will always appreciate. Use these healthy, time saving recipes to prepare comfort food and make the most of the ketogeic diet.

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