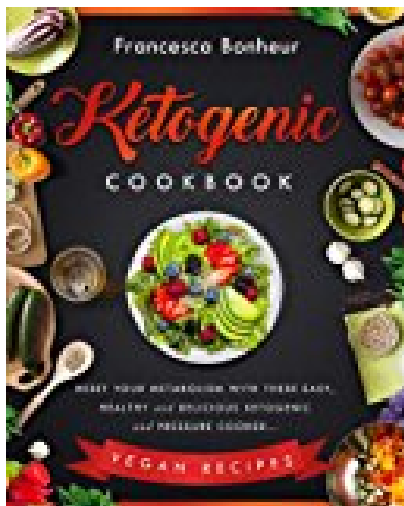


Ketogenic Cookbook Reset Your Metabolism With these Easy Healthy and Delicious Ketogenic and Pressure Cooker Vegan Recipes Ketogenic Cookbook ... ketogenic for weight loss series Volume 3



BOOK DETAILS

- Author : Francesca Bonheur
- Pages : 64 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
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BOOK SYNOPSIS

For those who are brand-new to keto and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. The 30-Day Ketogenic Cleanse is a guidebook for healing the body from the inside out. Most people attempting a keto diet do it completely wrong. Maria Emmerich, on the other hand, bases this cleanse on a true, well-formulated ketogenic diet, helping readers reset their metabolism, regain health, lose weight, and tap into increased energy levels.

KETOGENIC COOKBOOK RESET YOUR METABOLISM WITH THESE EASY HEALTHY AND DELICIOUS KETOGENIC AND PRESSURE COOKER VEGAN RECIPES KETOGENIC COOKBOOK ... KETOGENIC FOR WEIGHT LOSS

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