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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Have you struggled with resistant weight loss or weight maintenance? In this #1 best seller, you'll learn how to cook 2019's most affordable, quick & easy 5-ingredient recipes for beginners on the ketogenic diet. A little planning and prepping go a long way towards success on the ketogenic diet. This Keto Meal Prep for Women Cookbook contains the following categories: Breakfast, Lunch, Dinner, Snacks and Side Dishes, Vegan and Vegetarian Desserts. When you begin following the ketogenic diet, whether your goal is to promote weight loss, improve blood markers, or just enhance overall health and well-being, it's easy to forget to enjoy food. Some people fall into a drab routine of consuming the same dishes over and over, which can lead to boredom and frustration - and ultimately to the desire to fall back into old, poor eating habits. From this cookbook you will learn: Why Keto? The Nutritional Needs of Women. How keto is different from other diets. How Does the ketogenic diet work? How to know when you are in Ketosis. The Health Benefits of Keto diet. 8 Helpful Tips for the keto Journey. The Benefits of Meal Prep. Meal Prep Principles. 21-Day Meal Plan to Make the Start of Your Journey Easier. And More. Get a copy of this great Keto Meal Prep for Women Cookbook and enjoy your life once and for all.

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