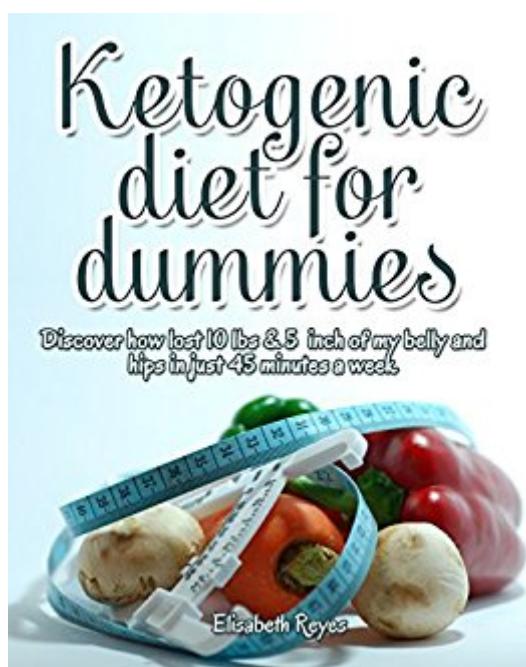


The book was found

# **Ketogenic Diet For Dummies: How I Lost 10 Lbs & 2 Inches Off My Belly And Hips In Just 45 Minutes A Week (My Fitness Program Weight Loss And Build Muscle By Martin Jackson)**



## **Synopsis**

Lose Weight and Achieve the Body of Your Dreams! Get this book for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Now including a Bonus Section right after the Conclusion! Grab Your Copy Today! Are you looking for a way to burn body fat while still eating delicious foods? Improve not only your health, but your self-esteem? Discover a dietary approach that actually works? Whatever your reasons for wanting to pick up a copy of Ketogenic Diet for Dummies: How to Lose 10 lbs and 2 in of Belly Fat and Hips in Just 45 Minutes a Week, this guide will walk you through everything you need to know to lose weight fast! If you've struggled for years to get the body you want – why not try what really works? With this book, you'll discover: The science behind low carb diets. Which foods to avoid and which foods to enjoy. Tips for keeping the weight off long-term. Important considerations before starting a ketogenic diet. Lose weight and feel great about your body! With Ketogenic Diet for Dummies: Discover How to Lose 10 lbs and 2 in of Belly Fat and Hips in just 45 Minutes a Week, you won't believe how quickly the weight comes off. Download your copy now and jump start your fat loss!

## **Book Information**

File Size: 1338 KB

Print Length: 34 pages

Publication Date: March 8, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00UFRNXES

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #191,769 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #40 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics #56 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics

## **Customer Reviews**

Sorry but this book was silly. I thought it would give me diet examples. It tell me about the diet and what it can do for you . It tells you that it will do for you. That was all. No examples in meal. No real sample of foods. How much to eat. This was worthless. So sorry

Love it

Not only does the title need editing, but the whole 34 pages did not give me any examples or how to figure out how much food I should eat. Also, I don't need to buy the next over priced book to see how \*you\* got abs... Overall, this book was lame and unhelpful.

Was looking for real suggestions on how to do the keto diet. Examples of recipes and meals. Not just the food list I found on google along with the same info Wikipedia gave me.

Good read. Will read more books to be better informed. My hubby and I will do his together for the he next 3 months

[Download to continue reading...](#)

Ketogenic Diet for Dummies: How I lost 10 lbs & 2 inches Off My Belly and Hips in Just 45 Minutes a Week (My fitness program weight loss and build muscle by Martin Jackson) Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic

food, Ketogenic diet cookbook) (Volume 1) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide for Rapid Weight Loss and Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)