



**Ketogenic Diet For Weight Loss - Lose 30 Lbs In 30 Days. Ketogenic Diet Manual For Beginners + Common Mistakes You Should Avoid To Succeed.: (Ketogenic ... paleo diet, anti inflammatory diet Book 4)**

*Adrienne Joy*

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## **Ketogenic Diet For Weight Loss - Lose 30 Lbs In 30 Days.**

### **Ketogenic Diet Manual For Beginners + Common Mistakes You Should Avoid To Succeed.**

Let's face it, we all want to lose weight. To fit into those jeans that are hanging in the back of our closets, or to be able to wear that bikini in the pool this summer. This summer. Not next summer, not in six months, but now.

It seems like an impossibility. When it comes to weight loss, few things are more daunting than to see the number on the scale, and know what it is you want to lose.

That's where all the crazy tips and tricks come in, do this and not that, spend hours in the gym and try to make time for all of the little workouts throughout your day.

Then the diets that tell you to eat six times a day or more. There just isn't time for all of that stuff, and live a normal life. Yet that is all you want to do. Live a normal life and be happy with how you look while you do it.

Well now you can. This book is going to be your guide to losing the weight you want to lose, yet being able to eat tasty and delicious foods you have always loved.

The best thing about the ketogenic diet is that it isn't hard, and it is effective. You can lose the weight you want to lose, drastic weight loss, in a short amount of time, and not have to give up the foods you love.

## **How is that possible? We'll show you. By the end of this book you will know:**

- What the ketogenic diet is
- Why it works
- How you can get started
- How to lose the weight you want to lose
- Easy to follow diet plans for maximum results
- And a whole lot more

What are you waiting for? Losing the weight has never been easier!?

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