



Ketogenic Diet: Rapid Weight Loss Guide: Lose Up to 30 Lbs. in 30 Days

Henry Brooke

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Everything you need to lose lots of weight fast!

This book has proven meal and workout plans, all guaranteed to help you lose weight fast!

We all know how busy life gets. Add trying to figure out what you need to eat and do exercise-wise in order to lose weight to the list of now-unnecessary things you no longer need to do. Did you know that a ketogenic diet, combined with the right exercises, is all you need to lose weight, build muscle, and get ripped? Weights, machines, and expensive gear are not needed; you can save money on a gym membership and get the results you want.

What if I told you there is a faster way to lose weight?

Have you ever wanted to kick-start fat loss for a special event or lose those extra 10 pounds? What if you could eat amazing food and still get the results you've been craving? What if you had a yummy meal plan and the top exercise tips at your disposal? This book explores a world where you can get the results you've always wanted; all you need is the right ketogenic diet and the right workout plan! My goal is to give you the tools to lose weight fast and obliterate fat by sharing the secrets to unlock weight loss through your own ketogenic diet in order to get the exact results you want!

By listening to *Ketogenic Diet: Rapid Weight Loss Guide: Lose Up to 30 Lbs. in 30 Days* you will learn:

- The science behind the ketogenic diet
- What to eat and what to avoid on the ketogenic diet
- How to fast-forward weigh loss permanently using the ketogenic diet
- Simple meal plans to get you started on the ketogenic diet
- Exercise tips to maximize weight loss

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