



Ketogenic Diet: 30 Day Challenge - Lose Up to 30 Pounds Quickly and Easily

Jeremy Stone

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Overcome your weight loss obstacles with the 30 Day Ketogenic Diet Challenge!

What if you could have a real custom ketogenic diet meal plan that would normally cost hundreds of dollars for a fraction of the cost? Imagine having a weekly shopping guide that takes let's you focus on what's important, losing weight!

Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite.

Bestselling author Jeremy Stone will give you a full 30 day Ketogenic meal plan with a focus on simple to make recipes that won't have you slaving in the kitchen for hours a day. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his secret to losing up to 30 pounds in 30 days with this easy to follow meal plan.

In this book, you will get ...

- How to make over 40 Keto-approved recipes with FULL nutritional information
- A weekly grocery list of EXACTLY what you will need for the week
- No stress, no guessing - a full 30 day meal plan designed for MAXIMUM weight loss
- Recipes designed for YOU - meal plan designed for people working 9 to 5 jobs
- Advice on how to SUCCEED and THRIVE on a Ketogenic Diet
- How to SMASH through weight loss plateaus
- BONUS: 30 Additional Ketogenic Recipes E-Book

Here are just some of the exciting recipes you'll find inside:

- Bacon Burgers
- Broccoli with Pine Nuts and Caramelized Onions
- Pistachio-Crusted Sundried Tomato Goat Cheese Balls
- Gooey Sausage Pops
- Mustard Lemon Salmon Steaks
- Stir-Fried Kale with Bacon
- Feta Broccoli and Brussels Sprouts Slaw
- Spinach and Lemon Stuffed Chicken
- Spaghetti Squash with Meatballs
- And many, many more!

Get started on making a healthier, more vibrant you and get your copy today!

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