



Ketogenic Diet Dump Meals: Easy Ketogenic Diet Recipes for Weight Loss: Keto Dump Meals for Beginners: Keto Recipes for Busy People: Keto Dump Dinners (Paperback)

By Ian Slim

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.My favorite keto dump recipes for weight loss. Easy and yummy!! Within a month of starting keto, I had lost almost 10 pounds practically and effortlessly. I didn't have to count anything - I just stuck to veggies, leanish meat, and a bit of full-fat dairy and cheese. All forms of sugar and processed foods were cut out completely. Now, I don't just feel good but great. My clothes fit a lot better, and I'm happier. So, all in all, am forced to think that's a success! Or what's ya say? I've compiled in this book my favorite set of keto dump recipes that are so easy and delicious at the same time. To help you just as they've helped me leave the keto lifestyle and lose weight without attributing much time to cooking. You can click on the Add To Cart Button at the top left corner of your screen to instantly get this book or send as a gift to a loved one. They'll love you for it.



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