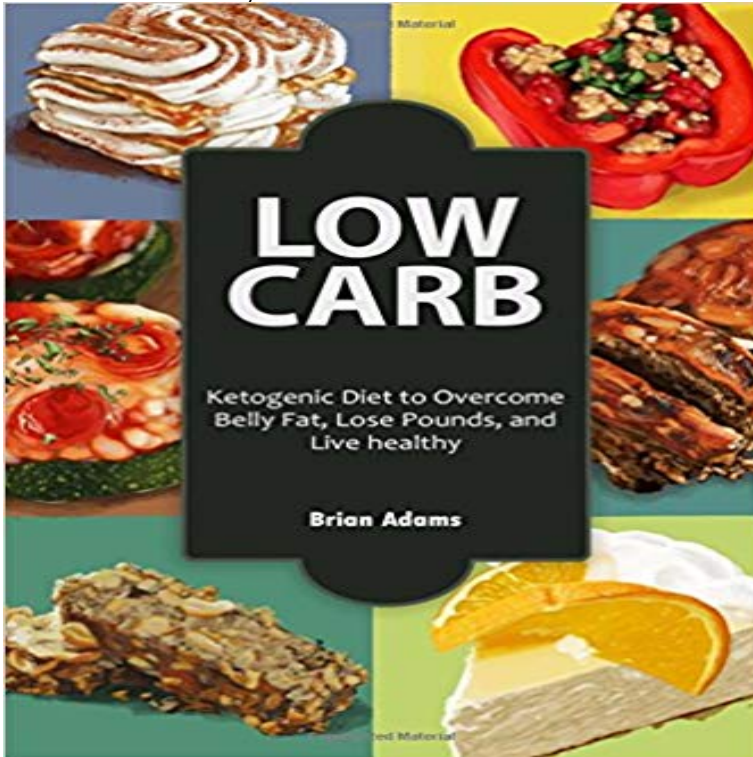


# Low Carb: Ketogenic Diet to Overcome Belly Fat, Lose Pounds, and Live Healthy



Discover Effective Ways To Lose Weight  
A diet that will burn your belly fat! Are you looking to lose weight? Do you want to achieve your dream body without having to sacrifice your health? If you answered yes to both, this book is for you! Introducing the ketogenic diet to help you shed a few pounds! It targets the most challenging parts of our body that stores fat and helps eliminate them in the process! When you partake a low-carb diet it takes you away from any risk of heart disease. It lowers the main fat-carrying particle in our bloodstream called triglycerides, which is the number one source of bad cholesterol. When you read *Low Carb: Ketogenic Diet to Overcome Belly Fat, Lose Pounds and Live Healthy*, you will be introduced to one of the most effective ways to becoming fit and healthier! Here's What You'll Learn In This Book: Ketogenic Diet And Other Related FAQs Basic Principles Of The Diet Warnings And Precautions Understanding The Benefits Of Ketogenic Diets Exercising On A Low Carbohydrate Diet Exploding The Myths About Low Carbohydrate And Ketogenic Diets Advantages And disadvantages Of Going Ketogenic Not only that! To help you get started, you will also be presented with different exercises that will help you overcome belly fat! It is one of the hardest fat to lose and this book will guide you through variety of exercises that target that area. And most importantly, you will also be learning how to make your own ketogenic recipes to speed up your weight loss journey! Here Are Some: Breakfast Recipes Salad Recipes Soups Recipes Accompaniments Recipes Snacks Recipes Vegetarian Main Course Recipes Vegetarian Recipes with Eggs And many more! This book is full of surprises! So grab a copy now to get that dream body you've been dreaming about!

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