



The Four Week Ketogenic Bliss: For Meat Lovers (Ketogenic Diet, Ketogenic Cookbook, fat loss, meat cookbook) (Four Week Diet Plans Book 2)

By David Maxwell

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Nutritional contents are provided at the end of every recipe. There are many useful hyperlinks in the book to make browsing easy. Good Luck and Have Fun!! I hope you achieve your fitness goals with this book and find this diet easy to follow...

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