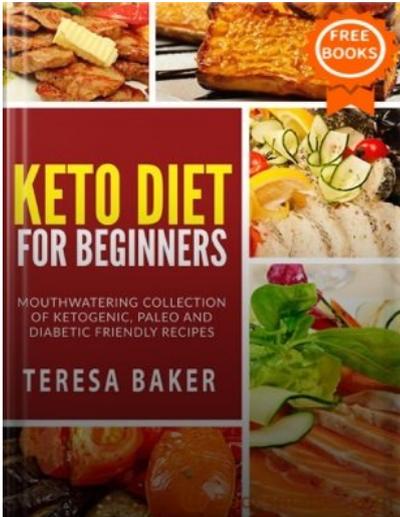


Keto Diet for Beginners

KETO DIET FOR BEGINNERS EBOOK AUTHOR BY TERESA BAKER

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Release on: 2019-08-31

ID Number: Ke-EDCC366569 - Lang: English - US

Format: PDF, ePub, Kindle, Audiobook

Size: 1.35 MB

Genre: Methods

Summary

Do you want to meal-prepare the best of healthy, home-cooked meals that can serve as ready-to-go convenience meals while at work?

Do you intend to lose weight fast while enjoying the best of meal prepping and cooking experience on the Ketogenic diet?

Do you want to save more time and energy while eating delicious and nutritious meals even on a zero budget? Are you looking to cook healthier, smarter and efficiently for better health?

If this sounds like you, then sit back as you've come to the right place.

Best selling author, Teresa shares several tips, tricks and strategies to prepare your favorite keto meals without slaving away every day in the Kitchen!

There is a bit of a learning curve as a beginner to Keto who wants to prepare meals and also have better time management in the kitchen, but be rest assured it's easy to get started and you can actually begin to cook, save for later and enjoy your favorite keto recipes even if you are busy and have little time to cook.

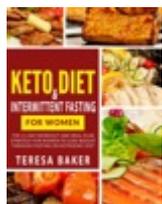
Truly, the effects of spending so much time and energy cooking every day, sorting out groceries and even organizing cooking and storage can be psychologically and mentally draining, greatly impacting on the quality of life - a reason many people prefer to snuggle up on fast foods. But with adequate knowledge of keto diet meals that suit your needs, there is a lesser chance that is, especially when you get the hang of it.

[Keto Diet For Beginners eBook - Free to Join](#)

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Others book from Teresa Baker

[KETO DIET & INTERMITTENT FASTING FOR WOMEN](#)



Hello, Belly fat? Flabs?
How much do you want to lose weight?
How fast do you want to achieve this as a woman?

In this book, we take a look at how women can apply an effective weight-reduction plan by fasting on a ketogenic diet. If you do not know what a ketogenic diet means or intermittent fasting, don't worry, we'll explain them in the book.

This book will also try to point out some of the things to avoid when on a ketogenic diet especially with achieving complete ...

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Teresa Baker has discovered what really matters in life and is helping others do the same with her powerful story. RN, Wife, mother of six and entrepreneur had to face nearly her worst nightmare. When her husband was suddenly diagnosed with a heart condition and was expected to live only 5 more years...they decided they were going to make it all count. Together they had been working 120 hours per week, making plenty of money and taking care of their 6 children. They were doing everything they ...

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