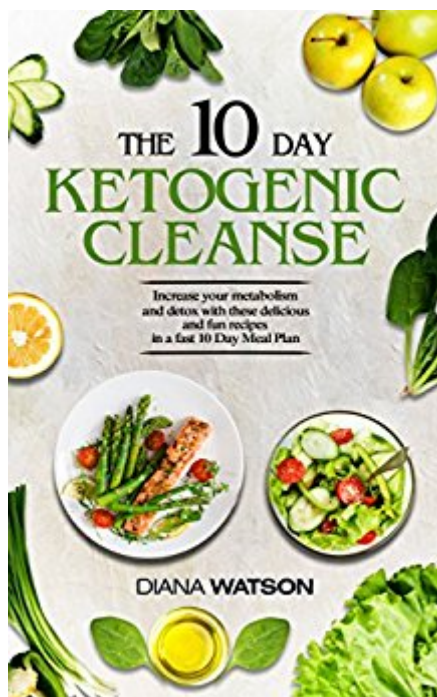


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# **The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto Diet, High Fat Diet, Ketogenic Diet For Weight Loss, Fat Loss, Ketogenic, Ketogenic, Ketogenic Diet)**



## Synopsis

Your Ultimate 10 Day Ketogenic Cleanse – To Transform Your Body Into A Lean, Mean, Fat-Burning Machine.

Hello friends! Are you tired, run-down, and listless all the time? Do you yourself severely lacking in energy throughout the day and needing a coffee fix one too many times? Are you someone who wants to lose weight, feel better, and be more energized? And most importantly, are you someone who is looking for a healthy, easy, and effortless way to kick start a diet plan that is guaranteed to work for you in the long term? Well introducing the 10 Day Ketogenic Cleanse: Increase your metabolism and detox with these delicious and fun recipes in a fast 10 Day Meal Plan! The Keto Diet found in this book uses your own body's natural response to foods to burn those stubborn fats stores especially in your abdominal area. That means inches off your waist line! The Keto diet is unique because it forces the body to burn FATS rather than carbohydrates. That also means you can expect your body to turn into a new fat-burning machine! Note: If you are at risk for type two diabetes or high blood pressure, this diet can also help you regulate your glucose and lower your blood pressure naturally.

In the 10 Day Ketogenic Cleanse You Will:

- Get A Proven 10 Day Diet To Kick Start Your Metabolism
- Have A Chance To Test How Powerful The Ketogenic Diet Is And How You Can Make It A Long-Term Solution To Keep Your Weight Down
- Learn The Basics Of the Keto Diet & How It Will Boost Your Metabolism
- Ketogenic Breakfast Recipes
- Ketogenic Lunch Recipes
- Ketogenic Dinner Recipes
- Healthy Meals That Work Towards Helping You Achieve A Better Health and a Healthier Body!

Who says you have to starve to lose weight? Here Are Some Recpies That I know You Are Going To Love In This 10 Day Ketogenic Cleanse Book To Keep You Satisfied While Working Toward Your Goals:

- CALIFORNIA CHICKEN OMELET
- STEAK AND EGGS WITH AVOCADO
- CREPES WITH CREAM AND RASPBERRIES
- BACON AND ROASTED BRUSSEL SPROUTS
- SCHICKEN PAD THAI
- CHIPOTLE STYLE FISH TACO
- SIRACHA LIME STEAK

And Much Much More... Grab Your Copy of This Book Today At A Bargain Price of \$2.99. Don't Miss On Your Chance To Have A Changed Lifestyle And a New You. Scroll to the top and press the "Buy Now" button Today to get your copy!

## Book Information

File Size: 2410 KB

Print Length: 92 pages

Publication Date: June 6, 2017

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B07215HV9L

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #21,589 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3

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## Customer Reviews

This Ketogenic Cleanse book has been one of an extremely instructive book I have ever read. It shows us simple to take after tips and manual for a speedy weight lose that will totally improve our life. This book contains recipes for ten day cleanse that will leave your body clean and up the pernicious.

Nice one The Keto Diet found in this book uses your own body's natural response to foods to burn those stubborn fats stores especially in your abdominal area. That means inches off your waist line! The Keto diet is unique because it forces the body to burn FATS rather than carbohydrates. I recommend for this book.

I like the Ketogenic diet having previously been on it before taking a break. I decided to buy this book to try and get back into it by doing a simple 10 day cleanse.Meal Plans were useful and ok, recipes were interesting.

i just read the 10 days title and got it right away! i'm on day 4 and i feel amazing! first 2 days were a bit rough until i got the use of it but now i can't wait to finish! I love this book!!

A great way to cleanse our body is by eating healthy meals, which Diana has prepared the recipe in

this book. It is affordable and convenience for those whose time is limited. Highly recommended!!

This book is well written and clarity beginners. The best introduction to / explanation of what a well-formulated ketogenic diet. Clear and concise - outstanding. I would recommend this book to anyone who wants to improve their lifestyle through ketogenic cooking.

Really an informative book this is. There is a lot about the mechanisms of Ketosis, and different aspects of weight management. I found it to be very helpful. I highly recommend this book.

great diet and away to eat

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TOP 5 Ketogenic Diet Mistakes, The Beginners Guide on Keto Diet, Meal Plan for Weight Loss, Cookbook and Recipes, Body ... (Low-carb, Ketosis, High-Fat, Paleo Diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) 365 Days of Ketogenic Diet Recipes: (Ketogenic, Ketogenic Diet, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Ketogenic Diet: 365 Days of Ketogenic Diet Recipes (Ketogenic, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Fats That Heal, Fats That Kill: The Complete Guide to Fats, Oils, Cholesterol and Human Health Ketogenic Diet Weight Loss Recipes Box Set 2 Books in 1: Burn Fat and Achieve Rapid Weight Loss For Beginners through Low Carb and High Fat Recipes Ketosis ... fitness and ketosis and get a Dream Body)

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