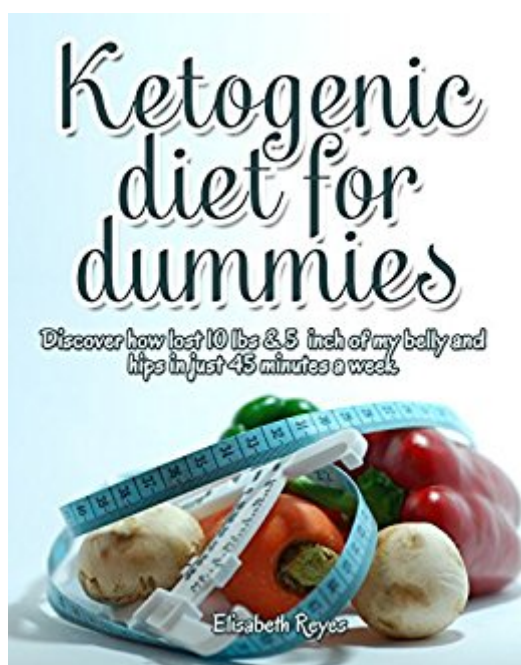


The book was found

Ketogenic Diet For Dummies: How I Lost 10 Lbs & 2 Inches Off My Belly And Hips In Just 45 Minutes A Week (My Fitness Program Weight Loss And Build Muscle By Martin Jackson)



Synopsis

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Customer Reviews

Sorry but this book was silly. I thought it would give me diet examples. It tell me about the diet and what it can do for you . It tells you that it will do for you. That was all. No examples in meal. No real sample of foods. How much to eat. This was worthless. So sorry

Love it

Not only does the title need editing, but the whole 34 pages did not give me any examples or how to figure out how much food I should eat. Also, I don't need to buy the next over priced book to see how *you* got abs... Overall, this book was lame and unhelpful.

Was looking for real suggestions on how to do the keto diet. Examples of recipes and meals. Not just the food list I found on google along with the same info Wikipedia gave me.

Good read. Will read more books to be better informed. My hubby and I will do his together for the he next 3 months

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