



Keto in 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution

Michelle Hogan

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28 Days. 125 Recipes. Your practical plan to go keto—and stay keto.

Michelle is with you every step of the way. The recipes included are delicious, nutritious, and very filling. Michelle also shares her very own successful story with keto. After many failed attempts of struggling with her fluctuating weight... she found balance following the ketogenic diet and incorporating physical activity and has lost more than 100 pounds. ~ Susan Zogheib, MHS, RD, LDN, excerpted from the Foreword

Tired of feeling tired? Frustrated with fads? Michelle Hogan knows how you feel. Following her weight-loss success with the ketogenic diet, she shares her knowledge in *Keto in 28*. This comprehensive ketogenic cookbook shows you how to make small changes—with big results—over the course of 28 days.

Commit to a ketogenic diet, with:

- A practical 28-day ketogenic diet meal plan that cuts carbs, and encourages creative ways to indulge in flavorful foods
- In-depth nutrition information profiling keto-friendly foods
- 125 delicious & satisfying keto recipes, including Brown Butter-Lime Tilapia, Coconut Chicken, and Bacon Chutney

Keto in 28 will motivate you to stick to your ketogenic diet for lifelong results.

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Christopher Slowik:

Now a day those who Living in the era exactly where everything reachable by connect with the internet and the resources inside can be true or not involve people to be aware of each information they get. How people have to be smart in having any information nowadays? Of course the correct answer is reading a book. Reading a book can help people out of this uncertainty Information particularly this Keto in 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution book since this book offers you rich facts and knowledge. Of course the info in this book hundred pct guarantees there is no doubt in it everbody knows.

Dale Moore:

Spent a free the perfect time to be fun activity to do! A lot of people spent their free time with their family, or their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the book untitled Keto in 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution can be fine book to read. May be it can be best activity to you.

Ladonna Warren:

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