



**Ketogenic Diet Plan: 15 Delicious Recipes to Lose Weight, Improve the Ratio of HDL/LDL Cholesterol and Lower Your Blood Pressure (Ketogenic Diet, Ketogenic Diet Books, keto clarity)**

*Rebecca Shaw*

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*Rebecca Shaw*

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## **Ketogenic Diet Plan (FREE Bonus Included)**

### **15 Delicious Recipes to Lose Weight, Improve the Ratio of HDL/LDL Cholesterol and Lower Your Blood Pressure**

Dieting: it can be the best thing to do for yourself, but it comes with the price of having to follow a strict diet. Many people start to run into the issue that they are not able to control their cholesterol or blood pressure, and this turns into an issue for many later on down the road. It's imperative to watch your diet, especially if your cholesterol isn't good. That's where the Ketogenic diet plan comes in! It's a remarkable diet that allows you to eat foods with low carbs but also allows you to control your cholesterol and blood pressure. This isn't just a diet for people with blood pressure issues, but it's also a diet that will allow you to feel better and have a healthier life. This book will give you 15 healthy recipes to use on the ketogenic diet, with a chapter about how to prepare for this, along with a chapter on what the ketogenic diet is. It's important to know this, but by the end of it, you'll be able to have a healthier die and a better life. It's a diet plan that will help you with your issues, and you can say goodbye to blood pressure problems with this amazing diet.

#### **In this book, you'll learn:**

- What the Ketogenic diet is
- How to prepare for it
- 15 amazing recipes to allow you to get the most out of your ketogenic diet

## **Getting Your FREE Bonus**

Read this book and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion. \_\_\_\_\_ Tags: Ketogenic Diet, ketogenic diet cookbook, ketogenic diet recipes, ketogenic diet for cancer, ketogenic diet book, ketogenic diet plan, ketogenic diet for beginners, ketogenic diet, no carb diet, ketogenic diet for weight loss, high fat diet, ketogenic diets, diet plan to lose weight, low carb high protein, ketosis, keto diet, keto cleanse, keto diet book, keto cookbook, keto recipes

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