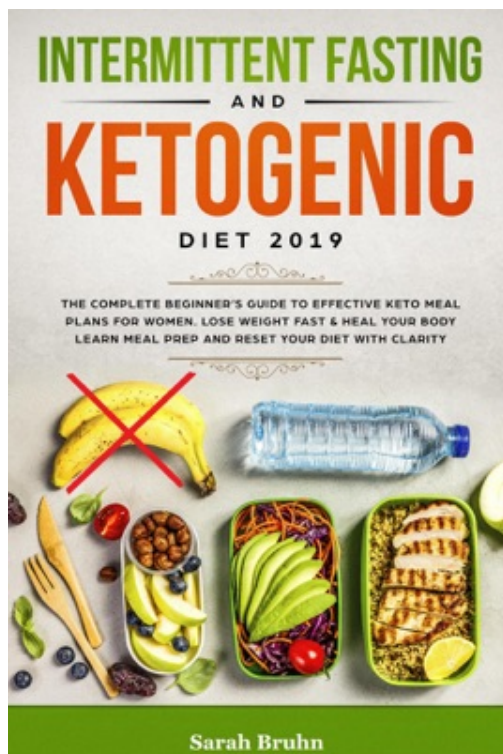


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Are you currently on a Keto Journey but find that you just aren't breaking through to your goals?

What about Intermittent Fasting, are you currently doing a fasting regime?

Have you ever considered combining the two?

To the average person trying to lose weight or become healthier, it is hard to decide what regime would be best to follow and this combination lifestyle allows you to mesh two popular regimes. So, if you cannot decide between Intermittent Fasting and the Ketogenic Diet, this Intermittent Fasting & Ketogenic Diet Cookbook will show you how to safely combine them.

Why? It's simple, the benefits they offer together is more than what each of these programs can provide on their own. However, the sequence of how you implement both programs

is important if you wish to maximize your long-term benefits and that is a large part of why it is vastly important to fully understand both lifestyles before embarking on the combination.

So, in this book Intermittent Fasting & Ketogenic Diet Cookbook, you be introduced to a vast amount of information that will set you in the right lane for success while sticking to your nutritional guides for the Intermittent Fasting & Ketogenic Diet.

This book will give you:

A breakdown of the Ketogenic Diet
A breakdown of the Intermittent Fasting
A guide to successfully combing both Intermittent Fasting & the Ketogenic Diet
Tips for Meal Prepping
60 delicious Ketogenic recipes with easy to follow instructions and a breakdown of their nutritional value including number of calories, fat, protein, and carbs that they will add to your diet.
And so much more!

Whether you have just started exploring the Keto world or if you are simply seeking new to gain more from either the Ketogenic Diet or Intermittent Fasting, then, this Intermittent Fasting & Ketogenic Diet Cookbook will give you a solution to your problems.

Grab a copy today and let's bring life to your Intermittent Fasting & Ketogenic Journey!

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Autor : Sarah Bruhn

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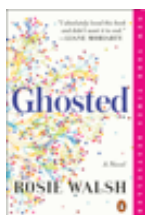
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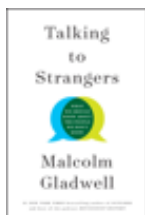
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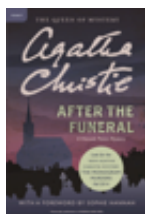
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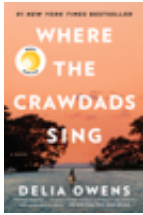
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