



# Quick and Easy Ketogenic Breakfast Recipes: fat burning recipes to accelerate weight loss and heal your body

*Ruby Carlson*

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## **Quick and Easy Ketogenic Breakfast Recipes: fat burning recipes to accelerate weight loss and heal your body** Ruby Carlson

If you want to improve well-being through metabolic change and feel amazing then this is the book for you. Heal your body and rid yourself of all the damage done by years of eating excessive sugar and carbs. With the Ketogenic diet, there is no need to sacrifice taste for good health. Ketogenic diets are incredibly powerful, metabolically speaking and this is especially helpful if you are on any kind of medication for diabetes, blood pressure and triglycerides. Studies have shown that the amount of these medications would have to be sharply reduced while on the Ketogenic diet. Here are some benefits of the Ketogenic diet: - Appetite Reduction - Loss of abdominal fat - Reduce blood glucose and Insulin levels - Weight Loss - HDL (good cholesterol) level increases - Therapeutic to some brain disorders - Lowers blood pressure - Keeps you healthy - Good hair and skin So what are you waiting for? Start the day right by transforming your body into a fat-burning machine with my ketogenic breakfast recipes. And the best part is: These mouthwatering recipes for breakfast can be easily prepared under 30 minutes Grab a copy of Quick and Easy Ketogenic Breakfast Recipes now! Start experiencing the power of Ketosis!

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