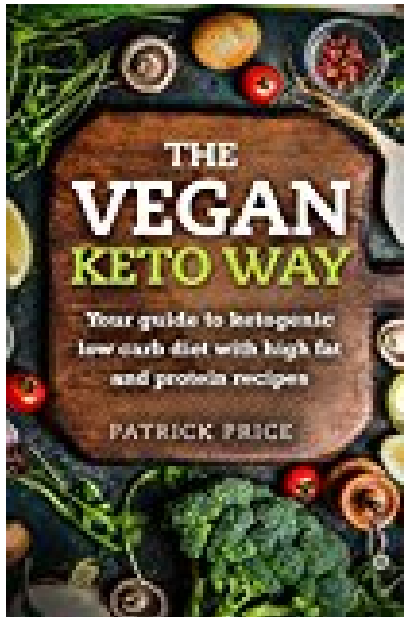


# The Vegan Keto Way Your guide to ketogenic low carb diet with high fat and protein recipes

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## BOOK DETAILS

- Author : Patrick Price
- Pages : 44 Pages
- Publisher : Independently published
- Language : English
- ISBN : 1520447418

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## BOOK SYNOPSIS

About the book: You are vegan and you are struggling to lose weight despite taking every measure to stay fit and healthy? Exercising regularly isn't enough, and dieting alone doesn't help either. So, what should you do in such a predicament? Rising fitness author Patrick Price offers a solution in his latest book, "The Vegan Keto way - Your guide to ketogenic low carb diet with high fat and protein recipes". This book features in-depth information about this miraculous high fat and low carb diet that has helped numerous people across the globe reach their weight loss goals combined with the vegan way of eating. If your New Year's resolution is to lose stubborn belly fat and look your absolute best, this book will be your ultimate guide. Buy your copy today! Summary of the book: Unlike most books in the genre, "The Vegan Keto Way" actually offers practical solution to weight loss related problems combined with the vegan diet. The book not only informs you about everything you need to know before beginning the diet, but it also offers an extensive recipe guide that is filled with recipes and a 2-weeks-guide, of what to eat on each day! Say good-bye to the hassle of planning meals every day because this book offers tons of ideas for you to try on. After reading this book, you will: Learn the ins and outs of the Ketogenic diet as a Vegan Find the secret of weight loss Understand the connection between eating right and losing stubborn fat Be at ease about your daily meal plans Learn to cook delicious vegan meals within minutes See yourself becoming thin and fit every day! Based on thorough research, the contents of the book have been designed to help you reach an overall well being through healthy weight loss. While other "quick" weight loss methods end up being harmful, Ketogenic diet helps you keep your meals balanced and healthy. So, what are you waiting for? Order your copy and start your journey today!

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