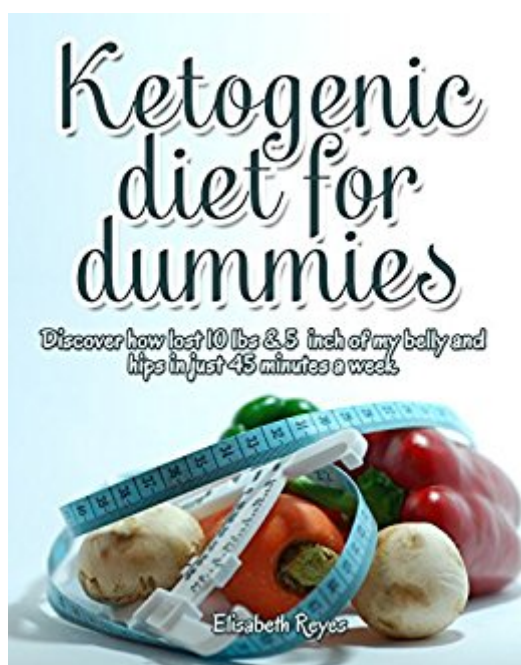


The book was found

Ketogenic Diet For Dummies: Discover How Lost 10 Lbs & 5 Inch Of My Belly And Hips In Just 45 Minutes A Week (My Fitness Program Weight Loss And Build Muscle By Martin Jackson Book 2)



Synopsis

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Customer Reviews

Sorry but this book was silly. I thought it would give me diet examples. It tell me about the diet and what it can do for you . It tells you that it will do for you. That was all. No examples in meal. No real sample of foods. How much to eat. This was worthless. So sorry

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