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Mark Evans

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Keto Meal Prep Mark Evans, 2021-02-08 Keto Meal Prep 2 Books in 1 70 Quick and Easy Low Carb Keto Recipes to Burn Fat and Lose Weight Simple Proven Intermittent Fasting Guide for Beginners This Compilation Book includes Meal Prep Beginner's Guide to 70 Quick and Easy Low Carb Keto Recipes to Burn Fat and Lose Weight Fast Intermittent Fasting A Simple Proven Approach to the Intermittent Fasting Lifestyle Burn Fat Build Muscle Eat What You Want Are you currently on the Keto Diet but finding it hard to maintain it If so then you absolutely must pick up this book because it will make your life so much easier Some might think meal prepping is difficult to do when you are on the Keto Diet but in reality it cannot be easier as long as you have the recipes to help you out The first book of this compilation contains the following to help your meal prep Keto Diet meals effectively A straightforward guide to meal prepping and avoiding meal prep mistakes A 30 day suggested keto meal plan based on the recipes in this book 12 delicious and satisfying meal prep friendly breakfast recipes 15 delectable and filling meal prep friendly lunch recipes 12 savory and scrumptious meal prep friendly dinner recipes 16 crowd and cravings pleasing meal prep friendly snack recipes 17 yummy and creamy meal prep friendly smoothie and dessert recipes With this book in hand all you have to do next is to follow the instructions gather up your ingredients and equipment start meal prepping your low carb keto meals and watch yourself burn the fat away In the second book of this compilation you ll learn about the fundamental concepts of intermittent fasting and find out why more and more people who once tried to follow several diet plans are switching into this new weight loss technique To provide a guick look on the set of lessons that you can only learn once you read the book here's an overview A wide coverage of all the things you need to know about intermittent fasting The science and research studies that back up the efficacy of the diet method Full discussion on how intermittent fasting specifically results to both weight loss and muscle gain A list of the most prominent fasting types that are currently dominating the fitness industry A comprehensive step by step guide to intermittent fasting for beginners including specific diet protocols and guidelines Supplementary section which provides additional guides and ideas that can help maximize the results of intermittent fasting Intermittent fasting is by far the most realistic option you have So if you are really serious about losing weight consider this book as your personal guide and start taking the road to a healthier body

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