



# **Ketogenic Diet: The Sassy Cavewoman's Paleo/Primal Ketogenic Diet: 40 Ketogenic and Paleo/Primal Diet Recipes for FAST Weight Loss**

*Megan White*

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## **Ketogenic Diet: The Sassy Cavewoman's Paleo/Primal Ketogenic Diet: 40 Ketogenic and Paleo Diet Recipes for FAST Weight Loss**

Have you struggled with your weight for a long time and feel you have no solution? Do you not have time to work out and count calories, thus putting yourself at greater risk of weight gain and obesity? Do you (incorrectly) think that carbohydrates and LOW-FAT diets are the secret to weight loss? Are you tired of fighting your scale, your mind, and your body to reach the bikini benefits you require for this spring and summer? Because I am a woman who once lost RAPID weight because of the **incredible benefits of the ketogenic diet**, I'm here to walk you through the process, every step of the way. **Trust me:** if weight loss is what you want, **the ketogenic diet for weight loss** has you covered with wholesome ingredients that know how to handle your strong appetite.

## **Ketogenic Diet : The Sassy Caveowona's Paleo/Primal Ketogenic Diet Will Supercharge Your Diet Plan for Rapid and Immediate Results—Working Alongside Your Body to Use Stored Fat for Energy Initiating Your Body into Ketosis.**

In this book, you'll discover:

- The incredible benefits of this high fat low carb ketogenic diet: its ability to decrease your triglyceride levels, stabilize your blood sugar levels, **take unhealthy weight from your gut**—the weight that's putting you at risk for serious diseases, and force your body to utilize stored fat, rather than glucose, to help you lose sustained weight.
- Why low-fat diets have been proven to be **BAD** for the body, even in this world of fat-shaming. As a high fat diet, the keto diet is essential for slim bodies and revving metabolisms.
- 40 Ketogenic Recipes, including ketogenic breakfast recipes, ketogenic appetizers, ketogenic lunch recipes, ketogenic slow cooker recipes, ketogenic dinner recipes, and ketogenic dinner recipes.
- A free gift with 5 EXTRA ketogenic diet recipes, as well as some added information about the benefits of the ketogenic diet.
- And so much more!

## **These 40 Ketogenic Diet Recipes Offer Paleo, Primal, and Ketogenic Recipes for Low Carb High Fat Primed Weight Loss.**

Losing weight is essential for many reasons. Some people want to drop the weight for bikini season; others

want to for health reasons. Others simply feel better without that extra layer of skin (and who doesn't!). Speaking from experience, this high fat diet is the prime diet for elevated weight loss. It primes your body to utilize fat molecules for energy, thus removing those cells from storage. In a matter of weeks, people drop serious weight. If they stick to it, they can work to normalize their blood sugar levels, their triglyceride levels, their amount of belly fat, and so much more. Work to rejuvenate your diet plan by looking to high fat, low carb. You don't have much time to experience this life. Do it by eating good, wholesome, and filling high-fat foods—like cheese, guacamole, and meats. Enjoy every morsel. **Experience the flavor and the vibrancy of the ketogenic diet. Live a wholesome life. FREE GIFT: Don't forget to grab your free gift!**

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