



Weight Loss Box Set: The Ultimate Guides for Weight Loss in 6 Weeks Following Ketogenic, Paleo or Mediterranean Diet (weight loss, weight loss programs, weight loss tips)

Kim Jones, Julia Jackson

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BOOK #1: Ketogenic Diet Plan: The Ultimate Guide To Losing Weight With Ketogenic Diet

The ketogenic diet focuses on creating a low-carb daily eating plan that forces your body to use fats instead of carbohydrates as its main source of fuel. When this happens, fat practically melts off the body. These particular fats are called ketones, hence the name of the plan. Since the 1920s, the ketogenic diet has been used to treat epilepsy in children. With the development of anti-seizure medications, the diet almost disappeared.

Here is what you will learn after reading this book:

- The Fundamentals
- The Breakdown
- Example menus
- Variations of the ketogenic diet
- Tips and hidden dangers
- What NOT to eat. Ever.

BOOK #2: Paleo Diet: The Ultimate Paleo Diet Guide to Losing Weight in 6 Weeks or Less

So you want to start a healthier lifestyle and lose weight? Great! The decision and resolve to do so isn't just a starting point, it's one of the biggest challenges. If you're determined to succeed, you already have something great going. Another big challenge is knowing where and how to start. That's where this book comes in!

In this book, you'll be taken through the basics of the Paleo diet and be given a key to losing that weight you want to get rid of. Though it is a relatively new diet, it is rapidly growing in popularity due to its governing principles. It's not a dieting craze that involves starvation, counting, or chemicals. In fact, it's quite the

opposite of that and that's what contributes to its success. Throughout the book, we will discuss the origins and basics of the diet as well as incorporate tips, recipe ideas, and even touch on exercise.

Here is what you will learn after reading this book:

- What is the Paleo Diet?
- Food Basics - with a List
- Paleo Meal Ideas
- Physical Well-Being Basics
- Making the Switch
- Avoiding Common Mistakes
- Losing Weight

BOOK #3: Mediterranean Diet: Healthy and Tasty Mediterranean Diet Recipes For Fast Weight Loss

This book is inspiring and a must have for anyone looking to lose weight and make the lifestyle changes that will not only benefit your health but also your complete well being.

Begin following the Mediterranean diet today and you will soon start to see and feel the results that a healthy lifestyle brings.

Here is what you will learn after reading this book:

- What is a Mediterranean Diet?
- Myths and facts of a Mediterranean diet
- Health benefits of a Mediterranean diet
- How to make the change
- Quick start to the Mediterranean diet
- Recipes

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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