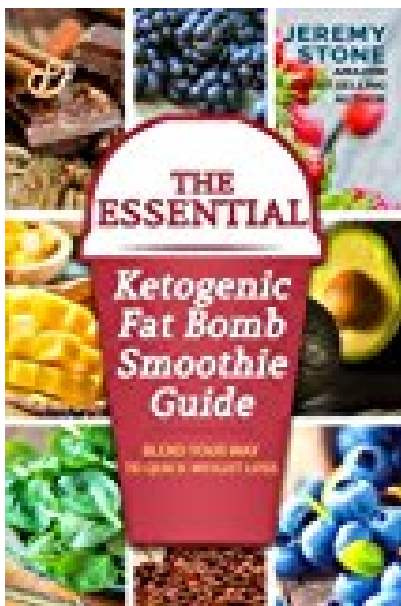


# The Essential Ketogenic Fat Bomb Smoothie Guide Blend Your Way to Quick Weight Loss Ketogenic Diet Fat Bomb Recipes Ketosis Keto Paleo Low Carb

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## BOOK DETAILS

- Author : Jeremy Stone
- Pages : 140 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1535241128

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## BOOK SYNOPSIS

Learn The Secrets to Making Delicious Smoothies Without Ruining Your Diet What if you could make delicious quick smoothies that you knew would actually help you lose weight? Imagine having the best ketogenic smoothies with all the nutrition info you need all in one book. Bestselling author Jeremy Stone will show you how you can make the best fat bomb drinks with this extensive guide on ketogenic smoothies. Based on his extensive knowledge of the Ketogenic Diet and his passion for sharing the very best information with readers, Stone reveals hard-won secrets to making healthy fat bomb smoothies that will help satisfy your sweet tooth and wont wreck your diet. In this book, you will learn: How to make over 60 smoothies recipes with full nutritional breakdown and full-colour pictures How to best incorporate smoothies into your diet and avoid mistakes What sweeteners are and why they are important to your diet What the best sweeteners are to use in a ketogenic diet How to make fat bomb smoothies from a wide variety of tastes; fruit, chocolate, coffee and dessert flavours How to make low carb vegetable smoothies to get all the nutrients you need **BONUS: 30 Additional Ketogenic Recipes E-Book** Start drinking smarter and get your copy today!

### **THE ESSENTIAL KETOGENIC FAT BOMB SMOOTHIE GUIDE BLEND YOUR WAY TO QUICK WEIGHT LOSS KETOGENIC DIET FAT BOMB RECIPES**

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