



# Keto in 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution

*Michelle Hogan*

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**Keto in 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution** Michelle Hogan

**28 Days. 125 Recipes. Your practical plan to go keto—and stay keto.**

**Michelle is with you every step of the way. The recipes included are delicious, nutritious, and very filling. Michelle also shares her very own successful story with keto. After many failed attempts of struggling with her fluctuating weight... she found balance following the ketogenic diet and incorporating physical activity and has lost more than 100 pounds. ~ Susan Zogheib, MHS, RD, LDN, excerpted from the Foreword**

Tired of feeling tired? Frustrated with fads? Michelle Hogan knows how you feel. Following her weight-loss success with the ketogenic diet, she shares her knowledge in *Keto in 28*. This comprehensive ketogenic cookbook shows you how to make small changes—with big results—over the course of 28 days.

Commit to a ketogenic diet, with:

- A practical 28-day ketogenic diet meal plan that cuts carbs, and encourages creative ways to indulge in flavorful foods
- In-depth nutrition information profiling keto-friendly foods
- 125 delicious & satisfying keto recipes, including Brown Butter-Lime Tilapia, Coconut Chicken, and Bacon Chutney

*Keto in 28* will motivate you to stick to your ketogenic diet for lifelong results.

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#### **Lee Flynn:**

A lot of people always spent their very own free time to vacation or even go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you want to try to find a new activity that's look different you can read a book. It is really fun for you personally. If you enjoy the book that you just read you can spent the whole day to reading a book. The book Keto in 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution it is quite good to read. There are a lot of those who recommended this book. These were enjoying reading this book. Should you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too costly but this book has high quality.

#### **James Jean:**

Playing with family inside a park, coming to see the coastal world or hanging out with pals is thing that usually you may have done when you have spare time, then why you don't try matter that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Keto in 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution, you could enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't buy it, oh come on its referred to as reading friends.

#### **Lily Tarver:**

Keto in 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution can be one of your beginning books that are good idea. We all recommend that straight away because this reserve has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to get every word into delight arrangement in writing Keto in 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution nevertheless doesn't forget the main level, giving the reader the hottest and based confirm resource information that maybe you can be among it. This great information can drawn you into fresh stage of crucial pondering.

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