



# **Ketogenic and Fatty Liver Diet Box Set: Natural Way to Detox, Cleanse and Burn Fat with Delicious Recipes (Diet Plan Guide)**

*Marisa Lee, Rebecca Dwight*

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## **Ketogenic and Fatty Liver Diet Box Set (2 in 1)**

### **Book One: Burn Fat with the Ketogenic Diet: 50 Healthy, Low-Carb Recipes to Boost Metabolism and Lose Weight Fast**

Want to alter your diet to help lose weight?

The Ketogenic diet has become popular in recent years. It is a simple-to-use, alternative approach to weight loss. Used correctly, it can allow anyone to get their weight to a manageable level. Of course, exercise is still needed but changing an approach to meals can certainly change the struggle to lose weight.

The body consumes only a small amount of protein while removing most of the starch and sugars from high-carbohydrate foods. You still eat meals but healthy meals as the body is loaded with natural fats it needs.

#### **Inside You Will Learn:**

- How The Ketogenic Diet Will Affect The Body
- How The Ketogenic Diet Works
- Why A Low-Carb Diet Is Important
- Why Natural Fats Are A Must
- Simple And Easy To Follow Recipes To Try
- Basic Errors To Avoid When Preparing Wheat Free Meals
- And Much More

Once you learn these simple things, you will be able to prepare tasty meals and hopefully set you on the right course for weight loss. You can use simple recipes and maybe, even change your approach to food itself. Download This Book Now.

## **Book Two: The Fatty Liver Diet: Natural Way to Detox, Cleanse and Prevent Fatty Liver with Delicious Recipes**

If you are not familiar with a Fatty Liver Diet and its importance this is the book for you. Your liver is a very vital organ and if it is not functioning properly you will discover that it can lead to many other medical concerns.

Changing your eating habits and following a Fatty Liver Diet will enable you to keep your liver healthy and to repair some of the damage that may have been done already. After reading this book you are going to understand what the liver does to keep your body functioning and what you can do to keep it functioning.

Many people think that liver diseases are only for those that consume alcohol and that just isn't the case; there are people with liver disease that have never touched alcohol. With that in mind take a chance and learn how to keep your liver healthy.

### **In this book you will learn:**

- The functions of the liver
- What Fatty Liver Disease is
- Signs of Fatty Liver Disease
- How to treat Fatty Liver Disease through diet
- Breakfast, lunch, and dinner recipes for a Fatty Liver Diet
- Much, much more!



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