



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

Michelle Hogan

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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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