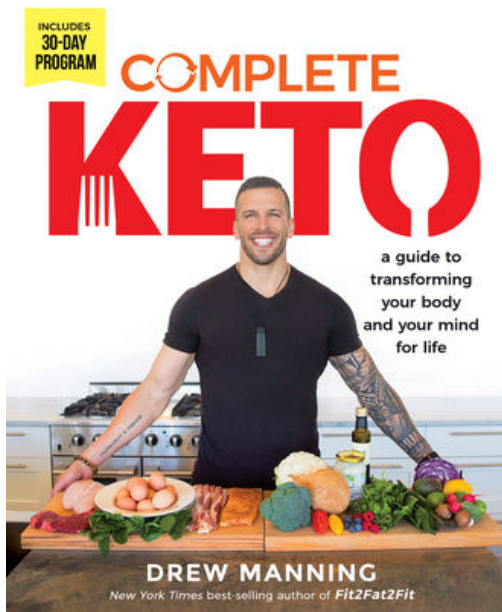


(PDF, ePub, Mobi) Complete Keto Scaricare Drew Manning Gratuito



New York Times best-selling author and expert trainer Drew Manning offers a ketogenic lifestyle reset that really works. His highly accessible program is filled with the practical tools, emotional support, and real-life wisdom readers need to get lasting results.

Keto for your life!

A ketogenic diet can kick start incredible weight loss, cut through brain fog, boost your energy, and even relieve some health conditions by reducing inflammation throughout your body. It can also be difficult to stick with once the two, three, or four weeks of a program are up. Lifestyle changes just aren't sustainable if you don't have the right support.

This is where health and fitness expert Drew Manning comes in--with a solution that goes way beyond willpower. *Complete Keto* offers a total ketogenic lifestyle reset that's based on a deep understanding of the challenges in living keto, as well as the benefits it brings and the science that makes it work. It's keto for life--*your* life.

In these pages, you'll find:

- * All the nuts and bolts of keto, including what to eat, what to avoid, and how to adapt the plan if you're vegan or vegetarian
- * Drew's signature 30-Day Keto Cleanse to jump-start your journey
- * A second-phase plan for living keto long-term
- * More than 75 delicious recipes for eating keto, illustrated with mouthwatering photos
- * Easy-to-follow exercise routines
- * Supportive strategies for a journey of true transformation--in body, mind, and spirit

Changing your lifestyle can be hard no matter what diet you choose, but this authoritative, engaging book brings true transformation with keto within your reach. Drew's comprehensive program is filled with the practical tools, emotional support, and real-life wisdom you need to create lasting change and become the best version of you. Your keto journey begins here--and Drew is an amazing companion every step of the way.

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