



THE SIMPLE KETO FREEZER DIET: following Dr. Eric Westman's guidelines for Quick Weight Loss (Paleo, Primal, Low Carb High Fat, & Keto Book 3)

Joanna Alderson

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Here's the dilemma : We all want to eat healthy, but we **don't** want to spend hours in the kitchen. What's the solution? Simple. Use my plan to cook once, then for the rest of the month you can eat out of your freezer. Just like a diet delivery service but a lot less expensive !

The Low Carb Ketogenic Diet has proven very effective for Healthy and Quick Weight Loss, and Dr. Eric Westman is one of the best known authorities in this field. His diet guidelines work. The Simple KETO Freezer Diet will help you stick to them - without worrying about what to eat, and without spending hours in the kitchen every day.

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