

19-DAY KETO DIET MEAL PLAN

TO LOSE 20 POUNDS



LOSE WEIGHT

Learn about all the benefits of a ketogenic diet with our complete keto diet meal plan for weight loss. Get into ketosis and start burning fat faster than ever!

STAGE 1

Stage 1 of our Keto Diet is going to be the first strict 5 days where we will force our bodies into ketosis. You will notice a few side effects as you adapt to the diet.



STAGE 2

Stage 2 of our Keto Diet provides recipes that are a little more balanced in macronutrients. By this stage you will already be in ketosis and will be losing weight.

STAGE 3

By Stage 3 of our Keto Diet you will have noticed significant results and substantial weight loss. You'll be getting a hang of the diet and feel more motivated.



ketodiet **yum**

Ketogenic Diet The Easiest Way To Lose Weight Fast For Beginners

Doc Julian



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