



25 Keto Smoothie Recipes: For Effective Detox and Weight Loss (Paperback)

By Jason B Tiller

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. As you are reading these words, it is quite evident that you hold your health in high esteem. We all want to be in tip-top shape all the time and maximizing the nutrients we consume is a primary concern. You just don t have to eat to have enough calories to get through your day, and it is about time that you get the best out of what you take in to begin to blossom. There are quite some ways that a ketogenic smoothie comes to help you maximize your daily nutrient intake. You get filled with healthy nutrients rather than carbs that have only a temporary effect. The fats and protein contained in the smoothies increase the amount of energy you burn thus an increased metabolic rate. Your body muscles and organs also benefit from the protein composition as it is vital to bodybuilding. The advantages of consuming a keto smoothie daily cannot be overestimated. You perform at optimum levels, look and feel good at all times. You don t have to go through the torture of starving or eating tasteless...



Reviews

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