



**Ketogenic Diet BOX SET 2 IN 1: Manual For  
Beginners On How To Lose 30 Lbs In 30 Days + 25  
Delicious Low Carb Casseroles: (Ketogenic Diet,  
Ketogenic Diet ... paleo diet, anti inflammatory diet  
Book 6)**

*Adrienne Cazier, Adrienne Joy*

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*Adrienne Cazier, Adrienne Joy*

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# **Ketogenic Diet BOX SET 2 IN 1: Manual For Beginners On How To Lose 30 Lbs In 30 Days + 25 Delicious Low Carb Casseroles (FREE Bonus Included)**

**Book#1: Ketogenic Diet For Weight Loss - Lose 30 Lbs In 30 Days. Ketogenic Diet Manual For Beginners + Common Mistakes You Should Avoid To Succeed.**

Let's face it, we all want to lose weight. To fit into those jeans that are hanging in the back of our closets, or to be able to wear that bikini in the pool this summer. This summer. Not next summer, not in six months, but now.

It seems like an impossibility. When it comes to weight loss, few things are more daunting than to see the

number on the scale, and know what it is you want to lose.

That's where all the crazy tips and tricks come in, do this and not that, spend hours in the gym and try to make time for all of the little workouts throughout your day.

Then the diets that tell you to eat six times a day or more. There just isn't time for all of that stuff, and live a normal life. Yet that is all you want to do. Live a normal life and be happy with how you look while you do it.

Well now you can. This book is going to be your guide to losing the weight you want to lose, yet being able to eat tasty and delicious foods you have always loved.

The best thing about the ketogenic diet is that it isn't hard, and it is effective. You can lose the weight you want to lose, drastic weight loss, in a short amount of time, and not have to give up the foods you love.

## **Book#2: Low Carb Casseroles: 25 Delicious Casseroles For Week Days Or For Holidays You Won't Believe Are Actually Low Carb!**

Casseroles are the cure all of dinners. Whether you have a bunch of left overs sitting in your fridge, have picky eaters, or don't know how to get veggies into your meals more, casseroles are the answer.

They are fast, easy to make, and can be made in advance. They are easy to clean up after, and you can freeze them for a rainy day. There really is no end to the ways casseroles can help you out.

There does tend to be one drawback, however, if you are searching for recipes... most casseroles contain carbs. And I'm not talking about just a few carbs... most casseroles are loaded. Whether it be from all that pasta that is inside or that breading on top, casseroles and carbs tend to go hand in hand.

So what are you to do? You have been doing your best to stay on that low carb diet, and you religiously follow the rules you have set... so does that mean you have to forego eating casseroles?

Not at all! This book is your personal hero when it comes to low carb casseroles. Featuring enough casseroles to last you nearly a month, you aren't going to have a problem finding one that suits your hungry needs... and stay on your diet all at the same time!

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