

H. ADVANCE TITLE INFORMATION

LOOSE WEIGHT WITH EASY KETO

by Dinah Stricker

CONTENT:

This fun and colourful book is the perfect entry for everyone who ever considered having a go at ketogenic nutrition. Since ketogenic nutrition does almost without any carbs, your body resorts to lipid reserves, makes you lose weight and stimulates your metabolism.

The author provides all necessary information to start with this kind of special diet, and attends you all the way by supplying helpful advice on how to stick to it, once you've made your decision. More than 60 easy to prepare and tasty recipes will make you love your new way of nutrition, which may result in developing an entirely new, positive attitude towards life – just as the author did herself!

Dinah Stricker is a sports addict since her early childhood; she was an ice hockey goal keeper in Germany and Canada and now works as a fitness trainer. Besides weight training, she loves gardening and has a passion for cooking. This is her first cookbook.

Rights all available

SPECIFICATIONS:

- 176 pages
- many colour photographs
- hardcover
- trim size 210 x 260 mm
- retail price: € 22.00
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