



# **Ketogenic Bacon and Butter: 7-Day Meal Plan with Ketogenic Snacks and Desserts**

*Cherry Bradford*

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## Looking for an overview of the Ketogenic Diet with a handful of decent bacon and butter recipes?

**Ketogenic Bacon and Butter** explains some terms to help you better understand ketogenic diet while giving you a one-week meal plan with snacks and desserts.

For 7 days you will have complete meal plans from breakfast to dinner. The bonus ketogenic snacks and desserts satiate your “hunger pangs”. This is a step closer to losing weight or improving your general health as ketogenic diet has a therapeutic effect on diabetes, PCOS (polycystic ovaries), and Alzheimer's and Parkinson's disease, among many diseases.

***Ketogenic Bacon and Butter: 7-Day Meal Plan with Ketogenic Snacks and Desserts*** will show you:

- A quick overview of the ketogenic diet and ketosis
- Foods to eat and avoid, and the health benefits of ketogenic diet
- The 7-day ketogenic bacon and butter meal plan and recipes
- And many more!

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