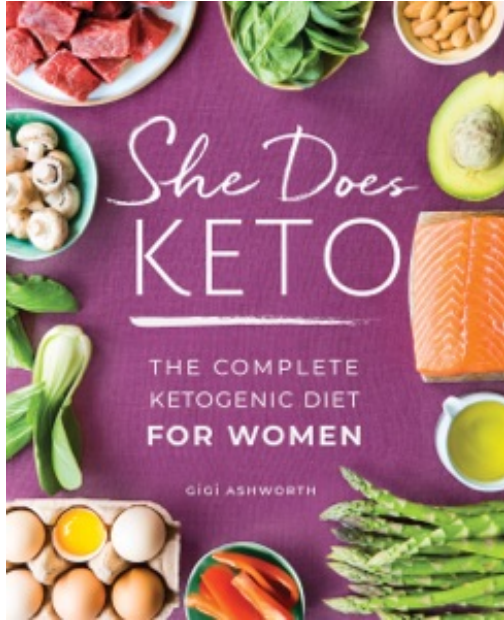


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The not-so-secret secret is out: women and men metabolize fat differently—and it makes a big difference when it comes to following a ketogenic diet. That's where *She Does Keto* comes in.

Written just for women, this ketogenic diet cookbook targets your body's unique physiological and nutritional needs. From ensuring you get enough healthy fats to exploring how keto can assist with common health concerns (like PCOS and endometriosis), this book helps you get the most out of the ketogenic diet and feel fit and fabulous.

She Does Keto: The Complete Ketogenic Diet for Women includes:

UNIQUELY DESIGNED FOR WOMEN—Sample 115 delicious recipes tailored to meet women's nutritional requirements. **HAPPIER AND HEALTHIER**—Learn how keto can help with health problems specific to the female body. **KETO MADE EASY**—A 21-day meal plan—including shopping lists—makes going keto simple and sustainable.

Don't settle for one size fits all—*She Does Keto* is a ketogenic diet plan and cookbook made just for you.

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