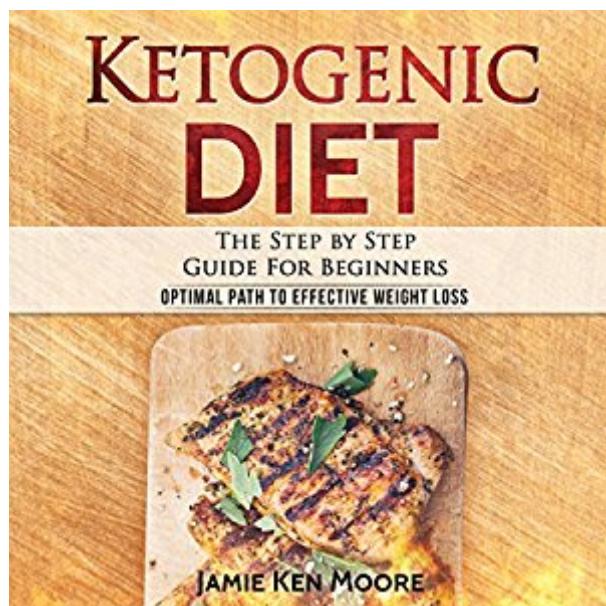


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# Ketogenic Diet: The Step By Step Guide For Beginners



## Synopsis

Have you ever looked in the mirror and wondered if you could ever lose those fats and get yourself an awesome physique? How about being free of conditions like high blood pressure and less than ideal cholesterol levels to enjoy a wholesome, healthy, and active life? If that sounds good, step up and get ready to dive into the world of the ketogenic diet! What does the ketogenic diet give you? A healthy way to burn fat, and keep it off for real Experience weight loss within weeks that stays lost Freedom from hunger and better appetite control Increased energy to go about your daily routines Improved cholesterol readings Reduction in blood sugar and blood pressure Eat savory foods that you crave while losing weight! And much more! Wanting to start the ketogenic diet but not sure how? This guide serves to do just that, giving you a structured program on how to begin the ketogenic diet. You will also be shown the various other benefits of the ketogenic diet, as well as actionable information that will pave the road for you to enjoy long lasting weight loss, inches of reduction in overall body measurements and an improved mood. In this book, you will get for yourself: An easy system that shows step by step how to go ketogenic Ketogenic friendly grocery shopping list Meal recipes that breakdown calories, carbs, proteins and fat content! A quick-start meal plan for you to get chugging along The detailed know-how on why you want to go ketogenic Knowledge on what to expect along the ketogenic journey Weight loss principles and the impact of the ketogenic diet A special list of foods that demands your attention for ketogenic success! And much, much more inside! If you have been on the same route as me, trying all sorts of diets kn

## Book Information

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## Customer Reviews

Ketogenic diet is well explained. The book also shows how this kind of diet works. It discusses the benefits that this diet could give. And it provides a step by step guide how to do it effectively. It also provides recipes that are very easy to prepare and very delicious. I would definitely recommend this book not only for those who want to loss weight but for anyone who wants a healthy life.

Lots of information in this book, Love the recipes that I've made so far, will be making more easy to follow guide. This seems like it is going to be a much easier diet to follow than most. It allows me to have dark chocolate of course in small dose but still not depriving me of my chocolate is a good thing. If you want to try a new diet I would say pick this one.. the recipes are very tasty and the author doesn't sound like a dr. he breaks it down for you. Will be using more of these recipes I've posted a picture below of my favorite so far. Give it a tryeven if you find one or two recipes it makes this book worth its cost! The only thing that I think that would make this better would be pictures for some of the recipes but other than that I have no complaints!

This is a great step by step ketogenic diet explaining all the dos and don't of this very well known diet. It has several recipes also to use. The print is also big enough to see so you're not squinting to read. It explains to first contact your doctor before you start it, my niece just told me her doctor told her to go on it! So it looks like we're going on it together! My ordest sister had went on it to avoid being put on meds and lost several pounds.

This book is great it has recipes is shows you what you could eat it's easy to understand and read. It's nice print not to small. If your trying to lose a few pounds this is a great book to help you understand more about the ketogenic diet.

Book cover is really attractive that is the reason I get this book on the recommendation of my friend to serve delicious recipes to my family. These recipes are delicious and my love one also like it so I am very happy to get this book thanks.

I like this one and the recipes are healthy and tasty, and its not that difficult to make. I feel much healthier now and I have more energy than I used to have thx.

Informative with some good tips

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