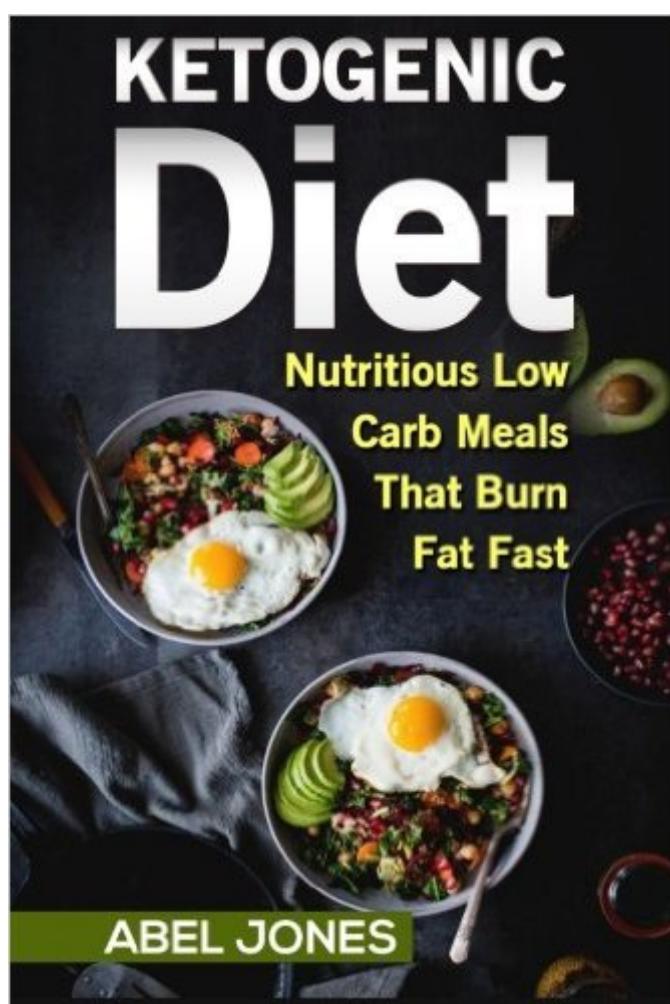


The book was found

# The Ketogenic Diet: The 50 BEST Low Carb Recipes That Burn Fat Fast Plus One Full Month Meal Plan (Ketogenic Beginners Cookbook, Recipes For Weight Loss, Paleo)



## Synopsis

Feel Incredible and Look YOUR Best with the Ketogenic Diet!50 DELICIOUS recipes and 1 FULL Month Meal Plan that will take you step-by-step through the entire process!This book will help you to understand what the Ketogenic Diet is and how you can use it to Lose Weight and Increase Energy Levels!The Ketogenic Diet is a medically and scientifically proven diet plan in which you avoid all high to mid carbohydrate foods and fill those calories with healthy fats.By doing so the body starts burning up unwanted fat instead of carbohydrate, a natural process called Ketosis.The result?Reduced weight and a slim, healthy YOU within weeks!When you follow the Ketogenic Diet you will experience many benefits:Weight LossAppetite ReductionIncreased Energy LevelsBurn Unwanted FatIncreased Levels of HDL (the âœgoodâ•) CholesterolDecrease Levels of LDL (the "bad") CholesterolReduced Blood Sugar and Insulin LevelsReduce Blood PressureDownload The Ketogenic Diet: Low Carb Meals That Burn Fat Fast youâ™ll discover a wealth of nutritious recipes for every meal of the day:Breakfast QuicheEasy PancakesEgg Pesto ScrambleCheesy Keto BreadLemon Cheesecake Breakfast MousseBerry Breakfast ShakeCacao and Raspberry PuddingBlueberry Almond SmoothieSalmon Salad in Avocado CupsSpicy Chicken ThighsSpring Roll In a BowlAvo & Tuna Lettuce WrapsCrunchy Chicken Waldorf SaladItalian Fish StewChicken Stir-FryChicken and Mushroom StewBeef Shin StewBacon, Beef Sausage, and Broccoli CasseroleCreamy HaddockCauliflower BakeKeto Burger PattiesEasy, Peasy, Cheese PizzaSlow Cookers Oxtail Stew Mince Stuffed PeppersRatatouilleFULL nutritional breakdown in all the recipes so you can keep track of your calories!SUPERCHARGE YOUR METABOLISM USING THE POWER OF KETOSIS!Order Your Copy of The Ketogenic Diet: Low Carb Meals That Burn Fat Fast Right away!You'll be so glad you took this healthy step!

## Book Information

Series: Ketogenic Beginners Cookbook, Recipes for Weight Loss,Paleo

Paperback: 226 pages

Publisher: CreateSpace Independent Publishing Platform (February 4, 2016)

Language: English

ISBN-10: 1530669375

ISBN-13: 978-1530669370

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 14.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (97 customer reviews)

Best Sellers Rank: #26,969 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #27 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #53 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo

## Customer Reviews

This was an excellent introduction to the ketogenic diet. I feel it gave me all the data I need to make an informed decision. Extremely detailed, helpful statistics, and while it is generally pro-diet, it's also realistic in the point that it isn't for everyone. Very worthwhile, I would even venture to say an essential read for someone considering the diet for themselves or a loved one. It made me feel like I have a realistic view of the challenges and possibilities and think it will surely be a reference in the future. I loved reading this book as it explained the diet so well and has given me a clear idea of how I can achieve the results I desire for my body. Firstly this book helps to clearly understand exactly what a "keto diet"™ is and how it works, this information was a great start to the book as it gave me the confidence I needed in the process and helped me find the motivation to go through with it as for me cutting out breads and rice will be a challenge! However now I can see the benefits of doing so, have been given a clear definition of the foods to eat/ avoid and a weekly plan to follow including exercises I am ready for this.

I would like to start off by saying I did NOT get this book for free and this is a real and unpaid review. This book is crap. The information is vague and incomplete. I learned more about this diet from 5 min on Google. However, I bought this book in hopes of a good meal plan and easy recipes. Disappointed to say the least. I tried several of the meals and they are not very good. Also the nutritional information is absent from several recipes and some of the meals contain all your carbs for the whole day in one serving. Overall there is a reason this ebook that was printed and poorly edited is one of the cheaper books. Save your money and get something else. If you look closely most of the 4-5 star reviews got this book free for their review, what a sham program.

I have been hearing a lot about the Ketogenic diet and this isn't the first book I've bought about it but as far as explaining the diet and the benefits, other than weight loss, this book does it the best for me. It also does a good job of outlining the types of food to eat and the servings. What I love most about this book is the month long recipe plan. I like that this book is focused on outlining tips for beginners and how to make an effectively healthy meal which will make it easier to stick to the ketogenic diet.

This book was way over the top as far as a plan for eating goes. It gets technical and talks about ketosis, but then it goes into food types, I mean it really goes into food types. Then it goes into nuts, seeds, dairy products. And then it goes into meals, but better yet, it takes you into what you should freakin eat all freakin day. Walaaaa! I have been following this plan for a couple of days and it's kind of fun.

I have always had a hard time losing weight. A couple of months ago started to get more and more inspired by my friends who had already reaped the benefits from eating healthy food and regularly going to the gym. I decided I was going to give the gym another chance, so I signed up. I knew exercize alone wasn't going to keep me motivated so I did some research and found this book. After having cooked at least half of dishes in this book I am starting to get hooked. They are so good that I don't even miss my old diet anymore. Moreover, I am starting to lose weight and I have more energy. I have learned a lot in this book and therefore I highly recommend it.

I like this book. It really helps me a lot to make a nutritious food for my family and also to lose weight and have a healthy life. The more important is, it gives me a lot of idea to make my own nutritious meal plan from breakfast up to dinner. The ketogenic food list is the most part of the book. I've like, I'm grateful to having this book. I recommend this book to anyone who wants to lose their weight and to have a healthy body and a healthy family. Hugs to the author and thank you.

There are already a lot of books about ketogenic recipes and this is one of my favorite recipe cookbooks. Inside this book contains a lot of healthy recipe that will definitely fit your lifestyle. It shows a table of calorie equivalent of different food that our body requires in a daily consumption. Furthermore, aside from the benefits that you can gain from going into a ketogenic diet, you will definitely enjoy the food.

I've read several ketogenic diet books now and this one by far tops them all, based on the sheer wealth of information you get combined with all the excellent recipes which are critical for the success of anyone trying to follow a ketogenic diet. This guide is truly an asset to tackle the ketogenic diet, and I would call it a clear must read for anyone taking on a ketogenic diet. I would highly recommend this book for anyone looking to lose weight quickly and get healthier. All the other ketogenic books that left me with question this book answered. This is the ultimate Ketogenic Diet

book by far!

[Download to continue reading...](#)

The Ketogenic Diet: The 50 BEST Low Carb Recipes That Burn Fat Fast Plus One Full Month Meal Plan (Ketogenic Beginners Cookbook, Recipes for Weight Loss,Paleo) The Ketogenic Diet: The 200 BEST Low Carb Recipes That Burn Fat FastÂ© Plus One Full Month Meal Plan (Ketogenic Beginners Cookbook, Recipes for Weight Loss,Paleo) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) The Ketogenic Diet: The 30 BEST Low Carb Recipes That Burn Fat Fast!: Lose 15 Pounds with the The KetoDiet Cookbook in Two Weeks or Less! (The Ketogenic ... for Weight Loss - High-Fat Paleo Meals) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Low Carb: The Low Carb Cookbook BIBLEÂ© with over 350+ Delicious Recipes & One Full Month Meal Plan (1 YEAR of the Best Low Carb Recipes for Rapid Weight Loss) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes,ketogenic plan) Ketogenic Diet: The Permanent Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes (Ketogenic, Paleo, Low Carb, Weight Loss, Ketogenic Diet) KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS: KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Ketosis: Keto: Ketogenic Diet: Ketogenic Ice Creams: Lose Fat Quickly with Top 50 Keto Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss Book 1) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Low Carb: The Low Carb High Fat Diet with over 200+ Delicious Slow Cooker Recipes & One Full Month Meal Plan (The LCHF Weight Loss CookbookÂ©) Low Carb: The Low Carb High Fat Diet with over 200+ Delicious Recipes & One Full Month Meal Plan (The LCHF Weight Loss CookbookÂ©) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, paleo ... carb, low carb diet, weight loss Book 1) Ketogenic Diet: 21-Day Healthy Ketogenic Meal Plan To Get Lean And

Lose Weight Fast As Hell- Tips For Low-Carb Ketogenic Diet (Beginners Weight Loss Food Cookbook, Parents Guide, Epilepsy Manual) Paleo Bible: Paleo Slow Cooker Recipes: Top 160+ Slow Cooker Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Diet Cookbook) Paleo Diet: The Paleo BIBLEÂ© with Top 350+ Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Cookbook) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners

[Dmca](#)