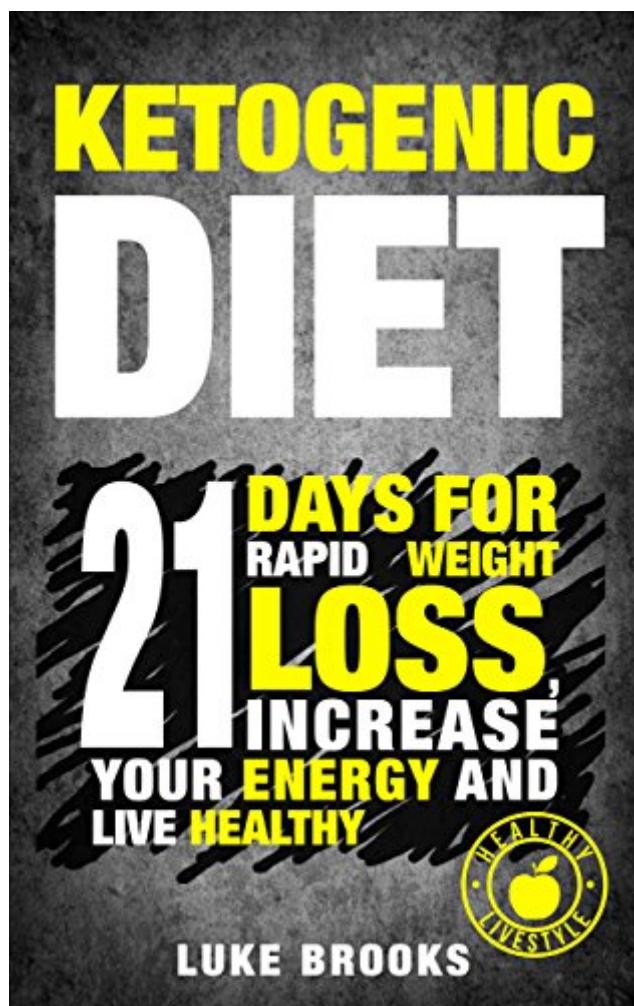


The book was found

Ketogenic Diet: 21 Days For Rapid Weight Loss, Increase Your Energy And Live Healthy Lose Up To A Pound A Day (ketogenic Diet, Ketogenic Diet For Beginners, ... Diet Mistakes, Diet Plan, Diet Guide)





Synopsis

Do you wantÂ to lose weight, have energy all day longÂ and feel amazing? Donâ™t leave it for next Monday, and start upgrading your life TODAY! Many people struggle when it comes to losing weight, trying different kind of diets withÂ different recipes. Everyone knows that the most important factor when trying to lose weight, itâ™s what we eat. But donâ™t worry becauseÂ we made this book just for you with all the information you need to know about theÂ Ketogenic Diet. The Ketogenic diet is something which has been around for a long time. Â It has been shown to work, and with its unique method of burning fats rather than carbohydrates, it has been proven to assist with weight loss, while improving your overall health too. Â Now, in this latest book on the subject, we will show you how the Ketogenic diet will start to work for you, in just 21 days. What will you discover in this book What is the Ketogenic Diet Benefits of the Ketogenic Diet Common Mistakes to Avoid Foods to Eat and Foods to Avoid 21 Day Meal Plan Tips for Losing Weight Breakfast Recipes Lunch & Dinner Recipes Delicious Dessert Recipes Drinks Recipes And muchÂ more! Â What better investment than investing in your own health? Â 21 days is all it will takeÂ to have the body you've always wanted and feel amazing! Â Download your copy TODAY!Tags:ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic diet plan, ketogenic diet guide

Book Information

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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 to the point that it isn't for everyone. 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. 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 have a close friend who has seen great success from the keto diet so I thought I would check it out. I wanted to know more about what goes on in the body as well as how to effectively be on this diet. This book does explain what is going on and why it works, some benefits of doing it, and then goes on to explain how to do the diet as well as offers different recipes for each meal as well as some snack ideas that are all friendly to the diet. You should still do your own research before taking on an intense diet like this but give this book a try and see what you think for yourself.

I have been reading books mainly about weight loss and how to eliminate fats and excess carbs in the body and this one caught my attention. If you are looking for an easy book to start a ketogenic diet then I recommend you try this one. Especially if you are new and just getting into it. You will definitely benefit from all of the tips in this book.

Great tasting and easy to make recipes! A good variety of recipes and I got it for a really low price so I am pleased! Very helpful for deciding on meals and lots to try out! I recommend! Perfect for starting a Keto Diet or for just looking for more tips to go forward in your diet!

I've read other books and they give good examples, but this one goes far beyond that. This book introduces the Ketogenic Diet for a clean and healthy living. I found their recipes and diet plans very delicious and helpful indeed. It is full and well structured guide. And the best part is that all the recipes in this book are extremely simple and quick to make.

This book will explain to you the reasons of why you should follow a rich in fats diet and the benefits of the ketogenic diet. My favorite part of the book it's the 21 days meals schedule that will help you to start a ketogenic diet and will help you to get use to it.

Good book about ketogenic diet. The book explains what you have to know to start with this diet. The book gives a lot of information about food. After you get delicious meals that are easy to prepare. With pictures it would be a 5 star book

If you want to start keto based diet plan now then this book offers 21 days ketogenic diet plan and you will get a great result. This book is very detailed and very easy to follow. It is a very helpful book

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