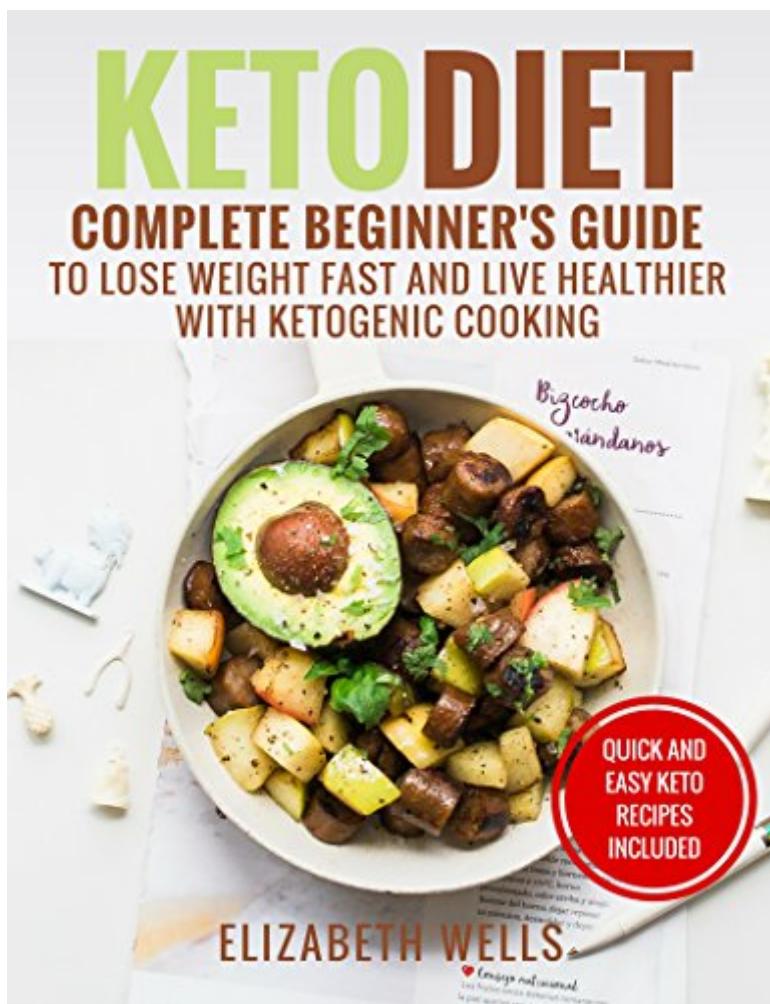


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# Keto Diet: Complete Beginner's Guide To Lose Weight Fast And Live Healthier With Ketogenic Cooking



## Synopsis

You don't have to quit eating fats to lose weightHave you already tried every known diet without seeing any results? Are you willing to lose weight and improve your health but don't want to quit eating some of your loved dishes?You've come to the right place. You'll still be able to enjoy food that actually tastes good and makes you happy.In this book you'll learn how the Keto Diet works and how you can start improving your health right now by cooking delicious dishes.The Keto Diet is not another fad regime that promises you everything and delivers you little to nothing! This dieting style has been created by Dr. Russel Wilder back in 1924 and is proven and supported by many scientific studies."Eating high fat and low carb offers many health, weight loss, physical and mental performance benefits."The Keto Diet is well known for being a low carb diet, where the body produces ketones instead of glucose to be used as energy. This will help it burn fats to produce energy without storing them and will drastically reduce the amount of weight you accumulate.These are some of the benefits you'll get:Lose weight naturally and easilyFeel well, both mentally and physicallyKeep your skin younger lookingEat healthy foods you actually like Satisfy your appetite without remaining hungry all dayAchieve a lower blood pressurePrevent heart attacks by lowering your triglyceride levelsIncrease your energy and improve your physical performanceLower your cancer riskAnd much moreFollowing this diet without any help can be complex, especially if you're a beginner. That's why this book aims to teach you everything you need to know to improve your eating habits and your life, without being too tricky or complicated.In this book you'll learn:What is the Ketogenic DietWhat You Should Eat (And What You Shouldn't)43 Recommended Foods (with calories, grams of carbs, proteins and fats contained)How To Follow The Keto Diet Correctly (Most People Get This Wrong)3 Signs That You've Reached KetosisThe Benefits Of Going Keto50 Quick And Easy To Cook Keto RecipesAnd much moreWhat are you waiting for? Start eating healthier today!Scroll up to the top and click BUY NOW!

## Book Information

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## **Customer Reviews**

This book is AMAZING! It's the perfect guide for anyone wanting to learn how to get all the benefits of a keto diet without the hassle. This book is the perfect balance of delivering information. Great for people started on the keto journey or for people like myself that needed a little variety added to this lifestyle change. Highly recommended!

Keto diet are my favorites for weight loss. This book was referred by my friend for the recipes that this book offers. I found lot of useful info and the recipes were also very easy to follow. Kudos to the author. After getting answers to all my questions, I feel very comfortable to start my diet. Highly recommended.

This book is amazing! Some very good recipes and a plethora of information on the Keto diet. A great book that thoroughly explain keto diet. I've tried a few recipes already and each try was great and delicious. It is a very good book and it explains some subjects like alcohol that other books leave out. I really like the fact that the book is almost all recipes of real food and not 50% smoothies like many other books.

I'm 27 years old and my height is 5.8". The problem is my weight is 87 kgs. I was looking for a guide where I will get few effective weight lose tips and some delicious recipes, after all I'm foodie. One of my friend suggest me to get this book and I purchase this book from Kindle store with only

\$.99c. Surprisingly I have got few effective tips here with a few delicious recipes. I'm following this book from last week and I'm very much satisfied with the result.

Ketogenic Diet book really breaks the diet down and walks you through the benefits it offers! This book helped me understand what ketogenic diet is. Like, what are its effect and benefits on your body, and how to do the diet right? It's good to know that you can control your blood sugar with Keto diet. This is a great book for anyone who wants to lose weight and stay healthy with it is to follow guide.

This book contains plenty of helpful recipes for each meal of the day: breakfast, lunch, and dinner that if you include them with your daily workout the routine you can lose weight really fast; if you really want to lose weight eating delicious meals you must have this book!

This book is not very informative. One of the Keto bread recipes had an error. The recipe even omitted eggs in a recipe requiring eggs. Do not waste your money.

I have found this book very useful and well written. It explains a lot of things, helps with food and measurements. And it also contains some good recipes.

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