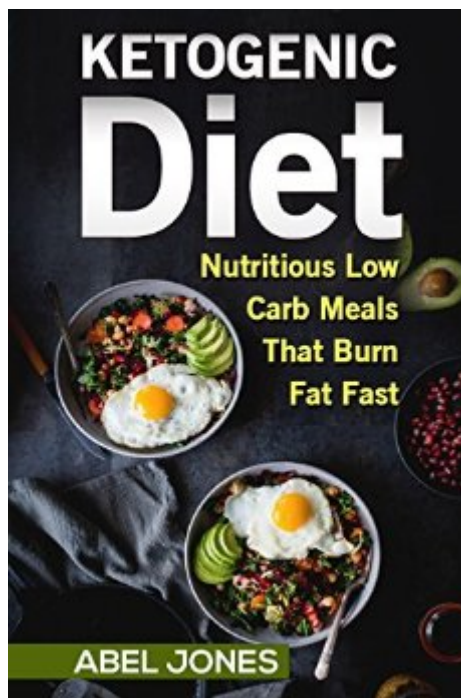


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# **The Ketogenic Diet: The 200 BEST Low Carb Recipes That Burn Fat Fast® Plus One Full Month Meal Plan (Ketogenic Beginners Cookbook, Recipes For Weight Loss, Paleo)**



## Synopsis

Feel Incredible and Look YOUR Best with the Ketogenic Diet! 200 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 Loss Appetite Reduction Increased Energy Levels Burn Unwanted Fat Increased Levels of HDL (the "good") Cholesterol Decrease Levels of LDL (the "bad") Cholesterol Reduced Blood Sugar and Insulin Levels Reduce Blood Pressure Download The Ketogenic Diet: Low Carb Meals That Burn Fat Fast you'll discover a wealth of nutritious recipes for every meal of the day: Breakfast Quiche Easy Pancakes Egg Pesto Scramble Cheesy Keto Bread Lemon Cheesecake Breakfast Mousse Berry Breakfast Shake Cacao and Raspberry Pudding Blueberry Almond Smoothie Salmon Salad in Avocado Cups Spicy Chicken Thighs Spring Roll In a Bowl Avo & Tuna Lettuce Wraps Crunchy Chicken Waldorf Salad Italian Fish Stew Chicken Stir-Fry Chicken and Mushroom Stew Beef Shin Stew Bacon, Beef Sausage, and Broccoli Casserole Creamy Haddock Cauliflower Bake Keto Burger Patties Easy, Peasy, Cheese Pizza Slow Cookers Oxtail Stew Mince Stuffed Peppers Ratatouille FULL 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

File Size: 2232 KB

Print Length: 226 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 4, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01BI3ZQZG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #25,699 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Books > Medical Books > Medicine > Internal Medicine > Hepatology #3 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Cooking for One #8 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## 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. Walaaaaa!! 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 exercise 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 love 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!

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