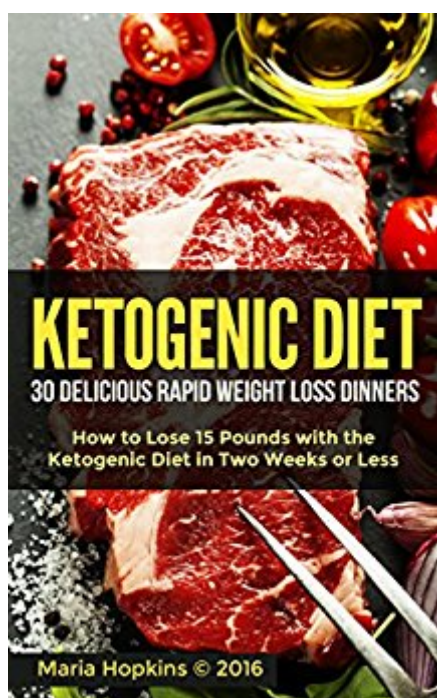


The book was found

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)



Synopsis

Struggle to Find Time to Make Great Food?***30 DELICIOUS recipes and 2 Weeks Meal Plan***

***Feel Incredible and Look YOUR Best with the Ketogenic Diet!!!Eating fat to burn fat may sound crazy, but ketogenic dieting has many researched benefits! If you are looking for a magical pill that will make you lose all your extra weight overnight with no effort from you at all, then this is not the book for you.If, on the other hand, you want to successfully lose weight, improve your health in general, and regain levels of energy you thought that you would never experience again, read on.The simple truth is that if you are serious about losing weight, you need to commit to it over a longer period of time. Sure, I could lie to you and say that a ketogenic diet is a painless way to lose weight, but I am not going to do that.What I will promise you is that, initially at least, this is going to be a serious adjustment to make. There is a very good chance that you will feel as though you are coming down with something in the first couple of days. It is not going to be a walk in the park to start off with.Download Your Copy Right Now Before It's Too Late and the price goes up!However, instead of getting upset about these symptoms, be glad of them â “ it shows that your body is changing the way it does things, and that fat burning will be starting shortly.In this book, I will walk you through the basics, step by step, and explain why the key concepts are important.A ketogenic diet works like no other diet on the planet simply because it has such a major impact on the way the body utilizes its fuel. You can safely lose as much as 15 pounds in a two week period without ever worrying about it creeping back on.More than that, the ketogenic diet is a sustainable one. I remember doing the â œCabbage Soupâ • diet. Hands up, who else did? Donâ™t be ashamed, we are not alone â “ after all, it was an easy way to lose weight and you could eat as much cabbage soup as you liked.I did lose a few pounds on that particular diet, but I got to a stage when I simply could not look at another cabbage again â “ I hardly even eat it now! To add insult to injury, those few pounds I lost came back bigger and better than ever before.Ready to make the purchase? Simple Scroll to the top of the page and select the Buy Button.The difference with the ketogenic plan is that you never feel hungry and that there is such a variety of food to eat that you never get bored with it. Granted, the idea of giving up pizza and soda may initially make you feel as though you are missing out, but once the benefits start kicking in, you wonâ™t even bother with the â œbadâ • foods.From this book, you will learn the basics of the Ketogenic diet, how to tell if you are in ketosis or not, and why you want to be. You will also learn how to make some really delicious and easy-to-make dinner recipes for you and your whole family.If you want your future to be a healthier, slimmer, and more active one, this book can help you get there.Tags: Ketogenic Diet, Low Carb, Low Fat, Diets & Weight Loss, Keto Diet, HCG Diet, Weight Loss, Cookbooks, Recipe Books,

Weight Loss Recipe Books, Diabetic & Sugar-Free, Nutrition, Health, Fitness & Dieting, Paleo, Nutrition, Vegan, Gluten Free, Epilepsy, Low Carb, Low Carbohydrate, Diets & Weight Loss, Special Diet, Diseases & Physical Ailments, Health, Fitness & Dieting, Cookbooks, Food & Wine, The Ketogenic Cookbook, Ketosis, Cancer

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Customer Reviews

I really want to start living a healthy lifestyle. So when it comes to the type of diet I want to practice, the ketogenic diet is definitely one of my best choices. And it just so happens that I stumbled upon this guide while searching for some ketogenic recipes to try. I am totally glad that there are cookbooks like this. Now, I wonâ™t have to worry about what dish to prepare during breakfast time.

Well, this has been a long read, considering that it has 30 recipes inside. And another thing worth mentioning is that this is about an effective diet that a lot of people have proven already. And this book also promised that once followed, anyone will be losing 15 pounds. This is something to be seen of course, but know the Ketogenic Diet, this is bound to come true. I also love the recipes.

I have been collecting different diet books. This book is informative. You will learn here about the many aspects of the Keto Diet, what it consists of and how it works, together with the numerous benefits that it can provide. This is truly one amazing diet, it can help reversing diabetes, reducing heart disease risks, and preventing some cancers.

Really happy with this book. There are tons of cookbooks, but practically no books on the diet and what it is. This book is the perfect primer for anyone who is interested in the keto diet. Love it I already started losing weight.

I have often heard of ketogenic diet and its amazing benefits but I have never paid any serious attention to it, so when I came across this book, I bought it out of mere curiosity. I have actually gained a lot from this book, it has enlightened me on everything that I need to know about ketogenic diet. This book also contains delicious recipes for breakfast, lunch and dinner that I am surely going to make use of. Awesome book and recommended.

Some nice simple recipes balanced with good fats but the use of artificial sweetener in the desserts is problematic. Foods sweetened with fruit like banana and berries are a much healthier way to go. Congratulations for writing this book! Great work!

Great overview of the ketogenic diet. Includes a nice selection of recipes but be prepared to convert if you are not on the metric system. I recommend this book especially for those looking for an easy introduction to this diet.

Excellent and on point with what a Keto diet is all about. It is a quick and easy read. The recipes are great and easy to follow.

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