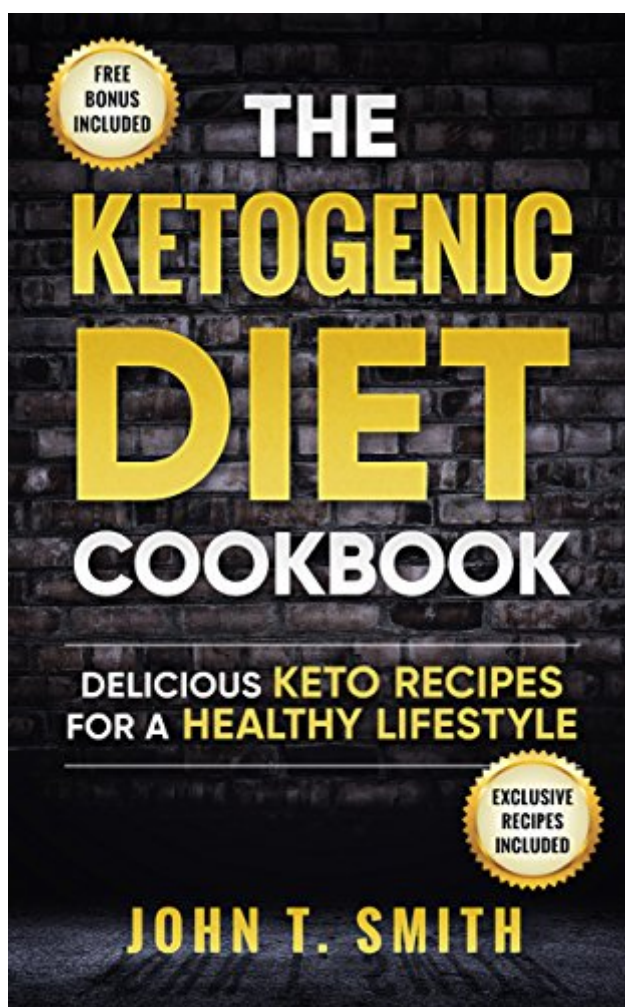


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Ketogenic Diet: The Ketogenic Diet Cookbook: 75+ Delicious And Healthy Recipes For Rapid Weight Loss And Amazing Energy (Ketogenic Cookbook, Free Bonus Book 1)





Synopsis

Do you want to lose weight? Perhaps the word "diet" makes you anxious and nervous. Wouldn't it be nice if you could lose weight without having to stop eating? You might be thinking that this sounds absolutely ridiculous. No, your source of nutrition won't be restricted to just fruits and vegetables. Yes, you read it right. You will lose weight by making a simple change in your daily diet plan. The ketogenic diet is the perfect diet for those who want to lose weight without having to eat measly meals. So, what exactly is the ketogenic diet? To put it simply, this is a diet where a person will need to consume a high amount of fats and low or no carbs. On this diet, 90% of your calorie requirement is fulfilled by fats, and the rest by proteins and carbs. This is a high fat and low carbohydrate based diet. Our body makes use of carbohydrates for providing us with energy. Carbohydrates are broken down into glucose, the main source of energy. In a ketogenic diet, there is a shift in the basic source of energy in the body. From burning carbs for generating energy, the body will start burning fats. When the body starts making use of fats for providing energy, the liver starts secreting keto substances. The process of shifting from sugars to fats for producing energy is referred to as ketosis. This is where the diet gets its name. A ketogenic diet encourages you to eat your fill of foods that you are allowed to eat. All the food items that are keto approved are rich in good fats. No processed carbs or sugars are allowed. If anything looks like it was produced in a factory, stay away from it. Instead of reaching over for a helping of mashed potatoes or pasta, have some grilled fatty meat instead. The number of calories you consume while on this diet will reduce, even though you are consuming fatty food. During the initial phase of the ketogenic diet, you might feel a little low on energy. This is bound to happen since your body is just getting acclimatized to changing its basic source of fuel. Once your body gets used to burning fats for providing energy, you will start feeling energized and refreshed. You can work out like you used to. You needn't compromise on any physical activity that you used to be engaged in. In fact, if you want to lose weight quickly, it would be advisable that you start exercising or engaging in any physical activity. The recipes that have been provided in this book are ketogenic diet friendly. These recipes are not only easy to cook but taste wonderful too. All that you will need to do is get the necessary ingredients and keep them on hand. If you plan ahead and pre-decide your meals, following the keto diet won't be difficult. It would be quite simple. You will need to stay strong and resist temptation. Be patient and you will definitely notice positive results in no time. Also, this diet helps you in losing fat from the abdominal region. So, why don't we get started without any further ado? Go to the top of the page and click BUY NOW!

Book Information

File Size: 3705 KB

Print Length: 95 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 25, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0739FPTH4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #100,916 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #67

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Customer Reviews

This is a great book on Ketogenic Diet. All of the things, tips and recipes that I need to know about Ketogenic Diet are already included and well written inside. John T. Smith has done an incredible awesome job in compiling and creating this book. 75+ delicious and healthy recipes for rapid weight loss and amazing energy are very healthy, useful and easy to prepare. This book is really a great resource for those who want to learn more about Ketogenic Diet.

You just need your determination in order to enjoy all the benefits of the book. Instructions and book are very clear. It discusses the benefits that this diet could give. And it provides a step by step guide how to do it effectively. It is good that the author explained well why should you go and try this Keto Diet. An awesome book!

Ketogenic diet is getting more popular these days and if you are interested in it, this is the book you should pick up first and it contains all information you need to know. Surely, anyone would like to find a simple yet effective diet. The author explained the ketogenic diet pretty well, with a good

amount of introduction. From what to eat to what to avoid, the list is comprehensive. The recipes are quite few, but it's a good starting menu if I were to try this out. Recommended!

This book is full of great information! I am new to Keto. Started it a little over 4 weeks ago. Still working on getting it all worked out, but this book was a great learning tool and very very delicious recipes! Good written book, easy to follow. I'll definitely get John's other books if there are any!

Ketogenic diet is well explained. The book also shows how this kind of diet works. This is a one great ketogenic diet book that is filled with a lot of good information and insights. I wanted to start ketogenic diet months ago but I just only had this time that I can finally get the best information on how to do it. Even these recipes can help you to loss your excess weight that you don't want. It's such a beneficial cookbook to lead a healthy lifestyle.

This book is everything you need to get started or maintain a high fat, low carb lifestyle!! This book helped me get to know the Keto way of eating, and so many great recipes. Beautiful illustrations, a very thorough and comprehensive guide to every aspect of keto you can think of, and also great recipe. The recipes that have been provided in this book are ketogenic diet friendly. Highly recommended!!

I went through the book as quickly as I could after getting it because I wanted to see for myself if the reviews , both negative and positive were on the level. And I for one am here to say that this book is a 5 Starrer for me. Very informative, written on a friendly language, covers every subject you need to know to start keto diet and gives you lots of meal ideas. Highly recommended.

For some time I'm on the Keto diet. This diet is very good for me, and I'm constantly looking for new recipes. This book offers excellent recipes, whether you are a beginner, or you are already feeding this way. The recipes are dyed and easy to follow. I am very satisfied with these recipes, I recommend!

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