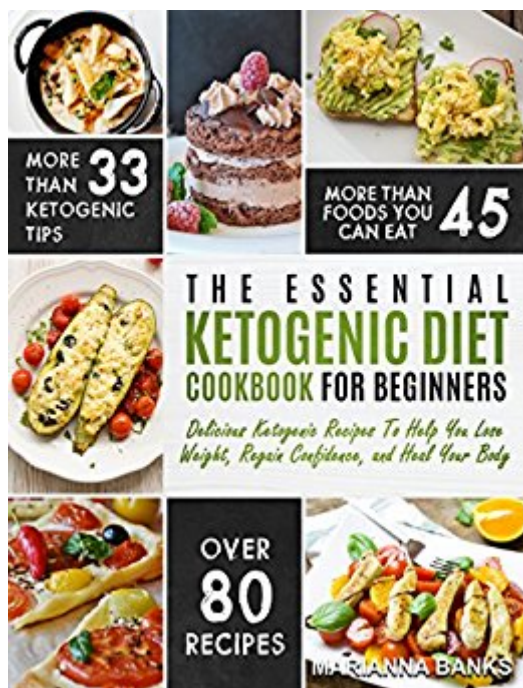


The book was found

Ketogenic Diet: The Essential Ketogenic Diet Cookbook For Beginners –“ Delicious Ketogenic Recipes To Help You Lose Weight, Regain Confidence, And Heal Your Body (Ketogenic Cleanse)



Synopsis

Are you considering a diet or are you currently dieting but without success? Are you looking for something different, that will really work? The ketogenic diet is the way forward for many who have tried and failed to lose weight and, with the *Ketogenic Diet: The Essential Ketogenic Diet Cookbook for Beginners*, you can lose weight while eating the food you like. Inside this fantastic book, you will discover all you need to know and more, including: What the diet is and how it works How it can benefit you A 14-day meal plan Mistakes to avoid FAQ's Surviving a "keto flu" Tips for eating out Recipes for every meal, sauces, dressings and more

Losing weight with the ketogenic diet is easy and straightforward. You can still eat much of what you did before and in the sort of quantities that won't leave you desperate for food. Get a copy of *The Essential Ketogenic Diet Cookbook for Beginners* and see how you can lose weight, regain your confidence and heal your body!

Book Information

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Customer Reviews

This is an easy way to get rid of fat and living a healthy life. This book has been of great help

to me most especially the recipes they are easy to prepare cause of the prep method attached to each recipes, all the recipes in this book are delicious and nutritious. I purchase this book for a friend of mine and it was helpful. Thanks to the Author.

Five stars? Is that all I can give? Really, this book deserves so much more. The techniques provided on these pages, as well as the suggestion it gathered, are worth far more than five stars and I would consider this book to be a great bargain at twice the price. Keep up the excellent work, Marianna Banks. Highly recommended.

The Ketogenic diet from food is very much clarified. The book additionally indicates how this sort of diet works. It talks about the advantages that this eating routine could give. What's more, it gives a well ordered guide how to do it adequately. It likewise gives recipes that are anything but difficult to plan and exceptionally heavenly. Hope you will enjoy.

Here's the scoop on how to start a ketogenic diet plan, what to expect, side effects and the great benefits. I've learned through this book that the ketogenic diet (keto) is a low-carb, high-fat diet. It lowers blood sugar and insulin levels, and shifts the body's metabolism away from carbs and towards fat and ketones.

The thing I liked most about this book was that a lot of the recipes are quite simple and convenient to make. Often times I come across a book with the ketogenic diet that has instructions that are difficult to follow, but not this book. Great for anyone wanting a great start to making Keto meals.

This cookbook is not only offering delicious and healthy recipes but this cookbook also help me live a healthy lifestyle. The cookbook is the diet that allowed everybody to finally tackled those issues with weight problem and discover the healthy and vibrant person beneath. I really had a great time reading this cookbook. I highly recommended this book!

This book is amazing! It is packed with so much great information and beautiful photos. Leanne did an awesome job at laying out all of the information and providing fantastic recipes. If you are thinking about trying Keto, you should definitely get this book. great recipes and great information.

This book will definitely help you to lose weight and achieve the perfect body you always wanted to

have. This is your proper guide for Ketogenic diet with a great recipes that you will love.

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