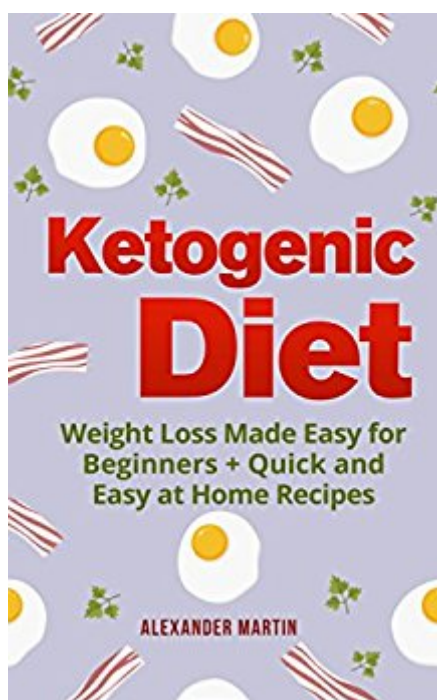


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Ketogenic Diet: Weight Loss Made Easy For Beginners + Quick And Easy At Home Recipes (Keto Diet For Beginners, Fat Loss, Diet, Healthy Living, Cookbook)



Synopsis

Get Ready to Begin the Journey to Become the Healthiest and Best Version of Yourself You stare into the mirror every day, disappointed at the sight of your body. You've tried all the diets out there and still can't see the results. No matter what you do, it seems nothing will get rid of your love handles and belly fat. Worst of all, you can't even enjoy delicious food like you used to because that would put you back at square one. Until now. In *Ketogenic Diet: Weight Loss Made Easy for Beginners*, author Alexander Martin shows how you can have it all. Now you may be asking, what is a ketogenic diet? Some sort of fad? No, not at all. Ketogenic diets are unique in that eating foods high in fat is actually encouraged. Yes, you read that correctly. So what's the secret? It's simple – you need to reduce your carb intake to virtually zero, have a moderate protein intake, and best of all – a high fat intake. So how does such a unique diet work? Well, when you reduce your carb intake to such a low level, your body enters a metabolic state called ketosis. This allows your body to become ultra-efficient in burning off fat. And as an added bonus, your body turns fat into ketones in your liver, which supplies energy to your brain. But the benefits don't stop there. Your levels of blood sugar and insulin will plummet due to a ketogenic diet. Diabetes and other life-threatening diseases can be warded off just by living this lifestyle. And with this book's quick and easy at-home recipes, you will never run out of ways to benefit from a ketogenic diet. It's all laid out here in detail so that you can get started right away. Those unhealthy carbs won't hurt your body anymore, the high amounts of protein will develop muscle, and you can enjoy a high-fat diet while shedding pounds. Does this seem too good to be true? Well, it isn't. *Ketogenic Diet: Weight Loss Made Easy for Beginners* is all you will need to look and feel your best. And soon enough, the mirror won't be your enemy anymore. It will be your best friend that you can't wait to see every day as you witness your body's and mind's complete transformation. The body and life you want is just around the corner, so read this book to start your incredible journey. Because it won't just change your life – it will end up saving it, too. Here Is A Preview Of What You'll Learn... The Health Benefits of the Diet How to Lose Weight and Have More Energy Throughout Your Day The Common Myths About the Diet and How Not to Fall for Them What to Eat and What to Avoid And Much More! Get your copy today and enjoy the journey! Simply start reading, apply the concepts, and become your best-self.

Book Information

File Size: 1112 KB

Print Length: 54 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 16, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B06VWL6BR2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #166,463 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8

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Customer Reviews

Thank you. This book is wonderful. It gives clarity to the Keto lifestyle change. I have been on this diet for two weeks the first week I lost 6lbs. I am at a standstill this second week now I think I know why after reading this book. The food issue is confusing. Every author says something different I just wanted to find a menu that I can stick with and tweet a little for variety. Maybe I overdid the cauliflower and cheese at every lunch and dinner. (Not sure) The good thing is this second week I have lost inches not bad.

The ketogenic diet is a special high-fat, low-carbohydrate diet that helps to control seizures in some people with epilepsy. By reading this book, I was able to understand the most important facts about how we can lose weight on a ketogenic diet. Alexander Martin has given us with proven steps and strategies on how to do that. The recipes also easy to make at home as the ingredients is not difficult to find in local market. One of good book out there for the people who are interested in eat well and loss Weight.

I quite enjoyed this read. A great and simple starting book for anyone curious about the Ketogenic Diet. It explains what is the Ketogenic Diet, some myths about the diet, and some foods to avoid. I love the attached simple recipes! Will definitely be trying out the Keto-Friendly Sushi!

This guide will explain how the diet works in detail, with tips and recipes to help you get started. I am so thankful for this because I know it would help me a lot specially in loosing weight. Associated with this are awesome recipes that will help me all through out. Highly recommend for any beginner just like me looking for ideas and recipes.

I started the ketogenic diet this year and although I've been seeing the results I got tired of eating the same things again and again. This book is jjust what I needed. So many recipes.

Recently decided to switch to a keto diet, and was pleasantly surprised how delicious you can cook at home. And of course, a huge variety of recipes happy.

This book explains what the state of ketosis is, what it's benefits are, and how to maintain the state. It also offers up some excellent recipes to try! Overall, a very good introductory book to the ketogenic lifestyle

Clear enough to understand, just need to adjust the diet for my wife

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