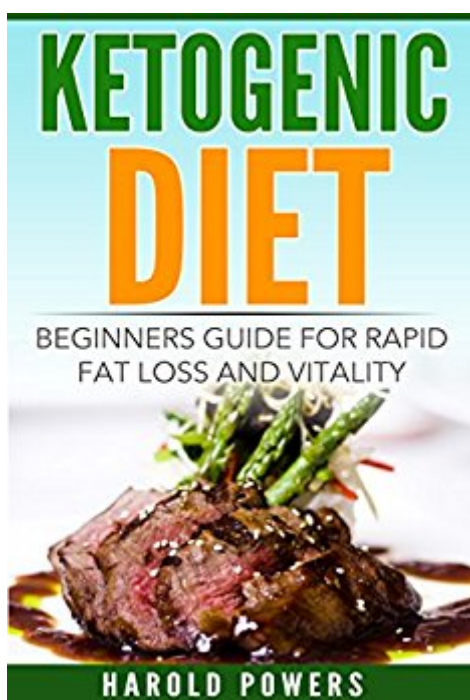


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# **Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet)**



## Synopsis

Have you failed over and over again at dieting? Are you beginning to lose faith in yourself and beginning to settle for the body you have? If so, then this book is for you! Lose body fat, skyrocket your confidence and energy levels. Time to move forward with your new life and achieve your goals and dreams! We are one of the unhealthiest generations to have walked on the face of the earth. But the irony is that our generation is undoubtedly the most informed of all generations the world has ever seen. Then you may ask; why can't we just use the information we have at our disposal to transform our lives? Why can't we just decide to live a healthy life and follow it since we know it is the right thing to do? Well, while there may be many reasons for all that, I can sum all that to one thing; carbohydrates are the problem. Think about it; do you know that carbs are addictive and can push us emotionally to make many unhealthy food choices every single day? Well, if you didn't know, now you know! But what you probably may not be aware of is that carbs are responsible for much of the weight that you put on every passing day so effortlessly and make it almost impossible to lose the fat even when you try. In fact, as long as you are eating carbs and relying heavily on them, chances of those love handles or pot belly disappearing are slim. But what if you could greatly minimize your carbohydrates intake such that you no longer rely on them but switch to using a macronutrient that is healthy and unlikely to cause any addiction to the macronutrient? This would definitely be great because with reduced carbs, you would essentially be eliminating the limitations that make it hard to burn abdominal fats! Well, this diet is the ketogenic diet. If you are looking for comprehensive information on how to actually lose weight and keep it off while on a ketogenic diet, this book has all the information you need to get you started on the diet. You will learn the ins and outs of the ketogenic diet, how it works, why it works, the benefits that come from following the diet along with some delicious recipes to get you started. Here Is A Preview Of What You'll Learn How Does A Ketogenic Diet Work The Foods You Must Avoid The Foods You Should Eat Ketogenic Diet Recipes And Much More! Begin your transformation now and purchase this Kindle book for only \$0.99!

## Book Information

File Size: 1220 KB

Print Length: 42 pages

Simultaneous Device Usage: Unlimited

Publisher: Harold Powers (November 7, 2016)

Publication Date: November 7, 2016

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B01MXI7XD1

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #195,793 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2

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## Customer Reviews

When I buy a diet book I am looking for a couple things. I am looking for the research to answer my whys? I am looking for some sort of help with meal plans and understanding the meal breakdowns to answer my whats? I do run into a lot of these books that seem half put together and really just do not cut it for me - this book seems to have it all together. i feel the meal plans are always the hardest for these authors, but Harold did an admirable job. I think it would be easier with some more frequently used items to look for (since I travel for work alot and run into general stores all the time) but he did an excellent job communicating everything.

This book was very helpful in that it explained what is a ketogenic diet first, and the science related to that. It includes all types of recipes for breakfast, lunch, dinner and even snacks. furthermore, you will find out how a ketogenic diet can be used for weight loss as well as its impact on people with diabetes.

I love the way this book breaks down all the steps to follow in this diet, what to eat on this diet and how to avoid common mistakes when undergoing this diet. This book makes this diet very easy to follow and the recipes are great. I would recommend it to anyone to try.

This book had lots of very good information and included recipes. I have been following this diet for

my fourth week now and I have finally droppedThe last five pounds that have been stuck on me forever. It's easy to read and easy to understand.

This information came in really handy as I think everyone needs to know how to keep the fat off and stay thin and healthy. The ketogenic diet in particular and this book is interesting as the fat shows to speed up our metabolism. Good and informative read.

This book really explains the ketogenic diet in a way that is easy to understand and follow. Love that it included recipes that are easy to make without really odd ingredients. A great read and a must buy for those who want to give this diet a try!

This was a simple, easy to read book. It got straight to the point and explained the "why's" of this diet plan. I now have a better understanding of what I need to be doing and why. I'm excited to try this new approach and see the results!

A complex diet system made easy to implement into your everyday life style. This book is a must for anyone interested in trying Ketogenic Diet!

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