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# Ketogenic Diet (Diet,Keto,Health, Healthy Living)



## Synopsis

This book has powerful information about the low carb ketogenic diet style of eating. It will help you to lose weight, get back your health and attain much more. Quick Read Meal Ideas Shopping List

With all the “diets” out there, it is confusing for the average person to know what is going to work well with their lifestyle. Lets face it, who has the time to count calories, measure out portions, or the stomach to choke down food we find repulsive? No one! That’s why the majority of people give up after only a week or two. This book will give you the understanding and tools you need to truly succeed. Inside you will learn the basics of how your body actually processes fats and uses them for energy. Also, you will be given a Quick Start Shopping Guide so that you can get started today along with the Most Popular Meal List to help you easily begin this way of eating. Our book is a quick 30 minute read so that you can get the info you need fast and put it into practice. Pick your copy up today.

## Book Information

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## Customer Reviews

I have too many ketogenic diet cook books on my library right now. What makes this book stand

out?- The book laid down some introduction on Keto in case you are a beginner on the diet.-It debunks the carb myth and the fat myth that most of us thought are true.-Listed all the good sources of carbs and other nutrients your body needs.-There are lots of links outside the book that might be of good resource to those who are very keen in doing the diet.-Answers a lot of FAQ most new readers asks.Lastly, you might be looking for recipes here. There are very few suggestions and recipes found at the end of the book. I would suggest to download intermediate keto cookbooks right after this one. Good luck!

This was just an ok read for me personally. I really expected more information. I expected to find how to get started, what to eat and how to form meal plans, how to calculate your macros etc. The editing on this book needs to be completed again as there were several areas that made absolutely no sense grammatically. Also, there are many areas that have things such as "find this here, here or here" and the word here is a hyperlink. If I'm reading a book, I want to read the book. Not be given a bunch of hyperlinks to websites that I have no idea what they are some of which didn't even work and I have to go back through a book to find them once I'm finished reading. Just seemed like something someone threw together and didn't put much thought into.

I definitely recommend this book to anyone who's considering a Ketogenic Diet but doesn't know much about it yet. The author does a great job at persuading you to embark on such a diet by explaining the advantages and by teaching you how to implement it. After reading the book, you will know for sure if such a diet is suitable for you or not.

The focus of the Ketogenic is reducing carbohydrates intake and increasing fat intake so that our body enters into a state called ketosis. I really like the concepts of keto diet for it seek to reverse this by limiting the consumption of carbohydrates in order to reduce blood glucose levels and subsequently insulin levels.

I bought a book for my sister. For over a year she has been fed on a ketogenic diet. And during this time, real results are visible. Namely, in this book, there are interesting recipes that are easy to prepare from products that can be bought in a regular market.

I loved this book. I hate wading through diet books with stories and garbage and little info. This is to the point. It has good basic info and some great links in it too. Highly recommend! KISS method for

sure!

This book opened my eyes on the ketogenic way of eating. I felt supported in many ways with how I like to eat and got plenty of guidance to tweak my food to make it work more powerfully for me. Only thing standing between this book and five stars is the need for a really professional edit, but don't let that stop you from quickly learning just a few things that might prolong your life in a healthy and satisfying way.

Definitely a nice source of information but as a seasoned and well researched person on keto I found this book to contain a lot of misinformation. It included several foods that are definitely NOT recommended or in keeping with a ketogenic way of eating, particularly toxic oils and things like legumes and grains. Definitely not compliant and I think unfair to market this to people just starting out and don't understand what is ok to eat. For people who aren't starting out and already know a lot, this book doesn't really have anything new to share.

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