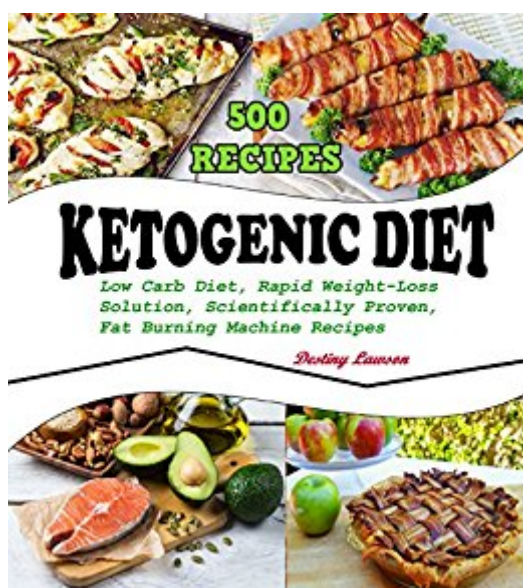


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# KETOGENIC DIET: 500 Low Carb Diet Recipes, The Rapid Weight-Loss Solution, Scientifically Proven, Fat Burning Machine



## Synopsis

Discover the maximum weight loss diet method called " Ketogenic Diet" , you will be happy with this 500 recipes book, they are Delicious , Healthy and Super easy to prepare for your whole family. Ketogenic diet is a special diet that allows you to eat a high amount of fat alongside sufficient protein, while reducing carbs in your daily diet. The main goal of the diet is to enhance overall health by using fats as the main source of energy which will in turn reduce the risk of developing various health conditions which are attributed to diets with too much carbohydrate content. The ketogenic diet forces the body to enter a state known as ketosis, which allows the body to use fat as its main energy source. The Ketogenic diet can also improve an individual's nutritional and health status through consumption of nutrient-dense foods like fruits and vegetables that are rich in dietary fiber and antioxidants, both of which are essential in reducing levels of free radicals and toxic elements that accumulate in the body. Other health benefits of Ketogenic diet include higher levels of energy, effective fat and weight loss, regulated blood sugar and cholesterol levels, and promote healthy aging and increased longevity by increasing the amount of beneficial nutrients and antioxidants in the diet.

**Benefits Of Ketogenic Diet?**- Active Fat Loss- Improves insulin resistance- Energy level increase- Younger looking skin - Reduction in cholesterol, blood sugar, and blood pressure - Leaner, thinner and stronger- Better sleep

If you have been trying all sorts of diets and doesn't seem to work, then I urge you to give this Ketogenic Diet Recipes a go. Start now to shed away all those pounds and leading to the path to effective weight loss and wellness in health! Grab Your Copy today and you will see the change in no time

## Book Information

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## Customer Reviews

The diet seems easy enough to follow for someone who eats meat. I wanted to find out about the Keto diet, and I will have to pass on this one. I am a strict vegan, so much of what is being share will be hard to follow. However, there is some very useful information on the level of carbs in your foods, and the measurements I can apply to my everyday life. I thank the author for writing this book, and I hope she can write how vegans can accomplish the same with a meat free, egg free, dairy free diet.

This is a great book with tons of information in the ketogenic diet. And it provides a step by step guide how to do it effectively. It also provides recipes that are very easy to prepare and very delicious. Absolutely amazing! I would definitely recommend this book not only for those who want to lose weight but for anyone who wants a healthy life.

Utterly an amazing diet and cookbook all in one. Very comprehensive read on the Ketogenic diet. Wonderful book!!! Not only the recipes are great but also the content is incredible! Lawson shows her knowledge about the ketogenic diet in every aspect. Loved it!!!

After suffering with my extra weight I decided to follow a guide line on my daily food menu. Then I stated to read this book and followed after 7 days letter I am seeing my Wright is decreasing. I really feel happy and wanna recommend this book to all.

Great book! In this book you will discover maximum weight loss diet method called ketogenic diet. You will be happy with this recipe book, they are delicious , healthy and super easy to prepare for your whole family.

This is a one great ketogenic diet book that is filled with a lot of good information and insights. The author has done an excellent job of presenting the case for ketogenic diet, complete with the whys

and hows of the diet. Recipes are easy to find and easy to follow. Thank you!

Been using this book for the last three weeks, and this book has really helped me stay the course with my nutritional goals. I have made 10 different meals in this book, and so far I have enjoyed 9 out of the 10 recipes. I recommend this book.

I am new to this dietary concept so I was relieved to find these recipes. It really helped me simplify meal planning. The recipes are good too. I am enjoying this lifestyle change. I recommend this book highly.

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