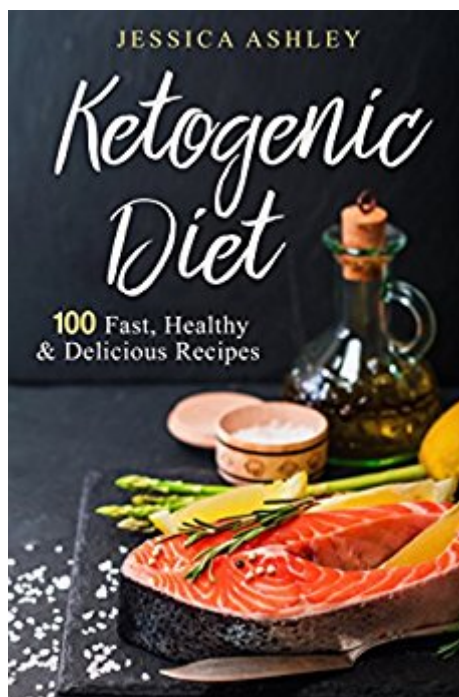




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Ketogenic Diet: An Ultimate Walkthrough To The Ketogenic Diet: 100 Fast, Healthy And Delicious Recipes



Synopsis

Are you tired of trying out different techniques and diets to achieve your wellbeing objectives, only to be frustrated with poor progression? Well you have come to the right place! The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet. This diet forces the body to burn fats rather than carbohydrates. Normally, the carbohydrates contained in food are converted into glucose, which is then transported around the body and is particularly important in fueling brain-function. This book shall go more into a detailed overview of the Ketogenic Diet. Here is a preview of what this book will offer:

What Is the Ketogenic Diet? Origins of the Keto Diet Understanding Ketosis and How Our Body Uses Energy How the Keto Diet Helps in Maintaining Fitness and Weight Loss Variants of the Ketogenic Diet How to Get Started in the Keto Diet and Some Tips to Help You Stick With It Foods to Eat and Foods to Avoid in the Ketogenic Diet A Seven-Day Easy-to-Follow Meal Plan with Breakfast, Lunch and Dinner Recommendations Frequently Asked Questions Top Mistakes and Solutions 100 Ketogenic Diet Recipes

Here is a couple of recipes that this book offers: Savory-Sweet Baked Avocado with Pecans and Coconut Smoked Salmon and Crème Fraîche Rollups Mediterranean Rollups Chicken Skin Crisps Alfredo Bacon Jalapeño Balls

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Book Information

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Customer Reviews

I bought this book because it has four stars on and great reviews. Plus I'm a sucker for a pretty picture. The cover photo and back jacket looked and read fantastic. So I was surprised when it came yesterday that I was so disappointed. My first instinct is to pick it apart, because I paid \$15 and wish I could return it. I will say this, if you have never heard of the Ketogenic diet, this book explains the basics to you, as if you and a buddy are hangin' out and chattin' about it. So it's super easy to grasp the concept. On the other hand, if you have even the most rudimentary understanding of Keto, this book won't enlighten you much beyond that and will only serve you as a cookbook. Maybe it's the words "Ultimate Walkthrough" in the title that builds expectations. I think that's where the let down began. If this book had been titled, Keto For Dummies, I would have easily given it five stars. It has huge print for those who struggle with vision, but just feels like an attempt to bulk up the number of pages. There are several pages with seriously, only a dozen words or less on them. I will say this. Kudos to Jessica, the author, for putting this book together. She seems like a real go-getter who wants to help spread the Keto love. Judging from , many of you will love this book and some of you probably have it. Personally, I would have rather spent my money elsewhere.

i love the ketogenic diet. it really does pull through on giving you energy. I'm sure this book could help you lose weight but that's not my issue right now. my issues was lack of focus and concentration on upcoming projects I'm trying to complete. when i coupled this diet plan with intermittent fasting i never feel lethargic anymore. well certainly not as much as when i used to eat a great big pizza or a giant sandwich. if your still reading this... i would say yea this is a great book and it can put you on a great track. and you should definitely look into intermittent fasting too.

The book is so much more than a cookbook, it is a wealth of information which will no doubt help a lot of people, especially those that are just starting out on this journey. Very delicious and easy to prepare. I enjoyed the fact that the author made the ingredients very easy to read and understand.

Our body cant be healthy without fulfilling its needs of proteins, so its important for us to make sure

we include it in our food on daily basis. Ketone bodies are a fatty acid that burns hotter and cleaner than sugar, protein or plain fats. I learned how the ketogenic diet has a lot of health benefits associated with it. This book teachings assured that through this book guide line you can rapidly weight loss and you can get awareness that how keto diet helps in body cleansing. Really and excellent book that I will recommend to anybody that wants to make a lifestyle change and live healthier. I highly recommended this book.

Free way to learn about the ketogenic diet.

nice self-published book

A good, basic book, with lots of tips for living a ketogenic lifestyle.

Everything you need to know about what the Ketogenic Diet is and where to begin. So happy I got this.

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