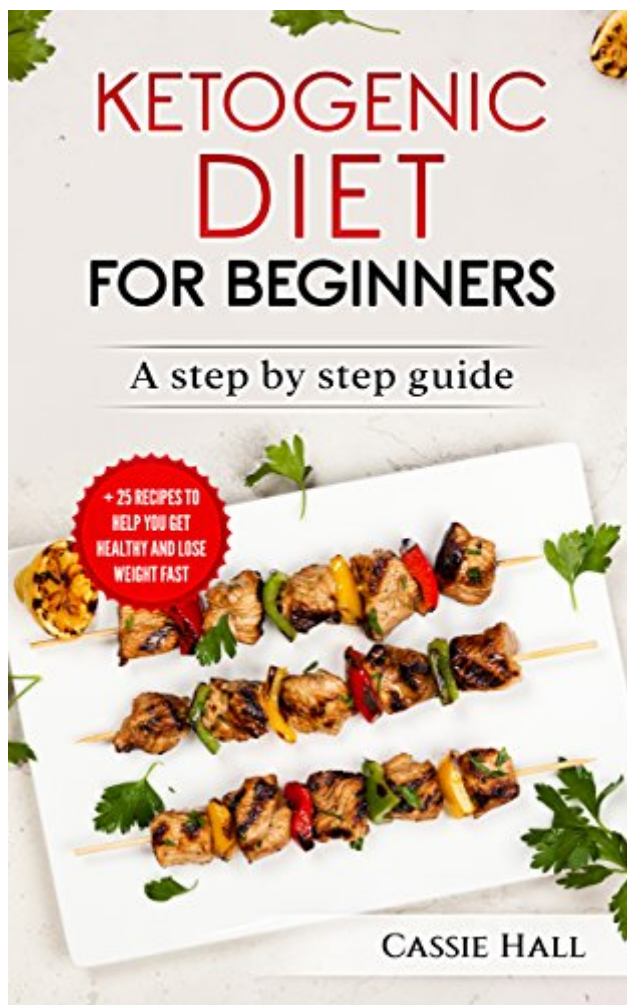


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# Ketogenic Diet For Beginners: The Step By Step Guide And 25 Recipes To Help You Get Healthy And Lose Weight Fast (Cookbook, Easy Recipes, Keto Diet, Ketosis, Weight Loss,)





## Synopsis

Start your journey today! Lose weight and keep it off by being on the ultimate weight loss diet! This book will hold you by the hand to ensure you succeed in your journey to losing weight and keeping it off. In this book, you will discover what the ketogenic diet is, how the diet works, what it is you should eat and not eat along with 25 delicious recipes that you can prepare to transform your body into an efficient fat burning machine! This book has actionable information about the ketogenic diet that will help you get started with the ketogenic diet. The ketogenic diet is undoubtedly one of the best weight loss diets out there. Although originally meant as a cure for epileptic seizures in children, the diet has over the years, since its use as a cure for epileptic seizures reduced, proved itself as the ultimate weight loss diet. When you couple its effectiveness with countless scientific studies to back up and explain what happens when you follow the ketogenic diet and just how effective it is for bringing about weight loss and a host of other health benefits, you can be sure that following the diet will definitely transform your life for the better. Here is a preview of what you'll find in the book: 25 easy recipes including the quantity of Calories, Fats, Carbohydrates and Proteins for each meal  
A comprehensive background to the Keto Diet: What is a Ketogenic Diet and how it will help you lose weight  
What food to eat  
What food to avoid  
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## Book Information

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## Customer Reviews

Very nice book, brief healthy diet meal . It is really useful for those people who want to lose the weight . This book is so packed with helpful, reliable information. It will bring you up to date with good nutrition. Highly recommended to everyone to read it .

this book really help me understanding better the Keto life and it's very helpful

There was no meal plan in the book was the only reason I didn't mark it 5 stars, still a great book.

This book was very simple and informative. I liked most of the recipes. But most importantly I'm losing weight

Very informative book. Learned plenty, I highly recommend to everyone !! Excellent read

Very well, simplified book for healthy meals. Delicious suggested recipes.

Great information, excellent read! Highly recommended

Excellent book highly recommend

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