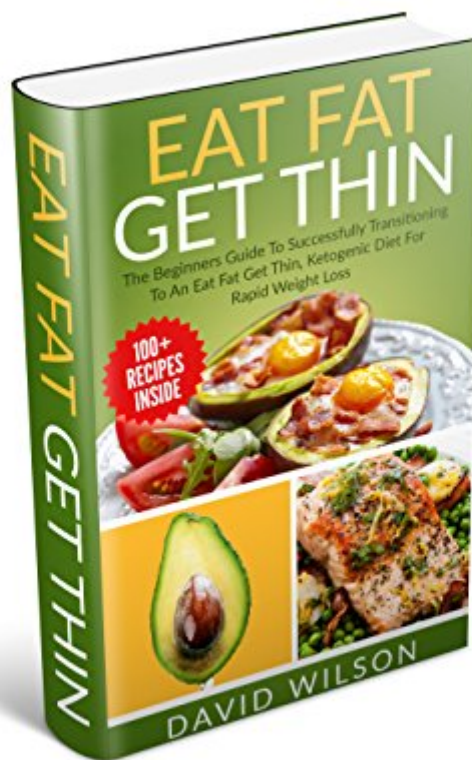




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Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet)





Synopsis

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Weight Loss > Diets > Ketogenic

Customer Reviews

I found this book simple to read. They explained how to lose weight through the Ketogenic Diet. It's all about determination. If you are determined to lose weight, no one can stop you. As the author states, "You must both aim for a healthy lifestyle and try to be grateful and happy for the body that you are given." I know that easy healthy isn't always easy. Eating healthy food and the right kind of calories will set your metabolism in fat-burning mode. Ketogenic diets are proven to be extremely effective for getting lean because you reset the body's enzymatic machinery to use fat as its

primary fuel source in the absence of carbs. I found this fantastic little guidebook to provide just about everything you'll need to know to get started.

I was drawn to this book because of the title. It want to eat a lot but will be able to maintain my weight and dress size. I am not disappointed from reading this book. It contains healthy recipes. There are recipes that I only encountered here such as vanilla and almond chia pudding. I love that there is also couscous here. I love to try it.

Alot of recipes have maple syrup. How can that be keto?

I really liked how this book goes on to explain the right foods to eat to actually get thin and realized how wrong our food choices actually were. this is a great reference book, makes a lot of sense and is a must try to be more healthy and slim

Lots if good recipes. Not a lot of info on the key phonic diet itself.

Got this for myself my sister got one but she got her some where else so I check with for sure you had it and the price was a lot cheaper then her thanks

Dietary fat paces up digestion system, Sugars not dietary fats-transform into immersed fats in your blood... Dietary fat lessens irritation..Diet high in fat promote weight loss.These are the paradigm we can see reading books this way and in contrary to our old conviction that eating fat will add some more weight to our framework and will trigger our cardio system.Actually I am confused additionally which will be which to trust in order to have a solid and sound body, at any rate I discover a huge amount of helpful data in this book and they are truly reassuring, love the simple to take after recipes as well, so regardless I give this a 5 star rating.

I like the recipes and information! Will be trying it soon!

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