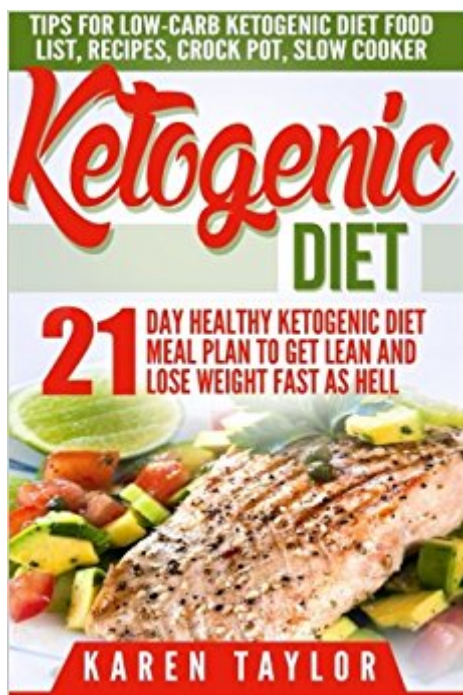


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# Ketogenic Diet: 21-Day Healthy Ketogenic Meal Plan To Get Lean And Lose Weight Fast As Hell- Tips For Low-Carb Ketogenic Diet (Beginners Weight Loss Food Cookbook, Parents Guide, Epilepsy Manual)



## Synopsis

Struggling to find the best diet? Want to shed pounds without skipping any meals or starving yourself? Are you looking for a safe and effective way to be healthy and lean? Are you a parent looking for a Ketogenic Diet guide for epilepsy? Then let me introduce to you a diet that has been changing the lives of millions of people worldwide—the Ketogenic Diet. Several studies show that Ketogenic diet is high-fat, low carbs that can help control seizures in people with epilepsy and also a great diet overall. Also, being overweight or obese is considered a health problem, this can put you at a greater risk of developing serious and chronic conditions, such as hypertension, diabetes, stroke, and more. According to health experts, one major reason why there are billions of overweight and obese people is because most individuals today have diets that are made up of foods rich in sugar, salt, and calories. This also includes to avoiding physical activities, skipping the gym, or living a sedentary lifestyle are more factors. In addition to cutting off the flabs in your belly and achieving the body you always wanted, your main purpose of going on a diet should also be to become healthy. Avoid the complications that go along with being overweight or obese. You should be careful of the dozens of weight loss diet fads that are rampant today because most of these will only help you shed off your water weight, which is easily regained when you go back to your old diet. Plus, these lose-weight-fast diets typically include skipping meals or replacing your food with a liquid meals, which is unhealthy and bad for your body. What you want is to follow a healthy diet that still allows you to eat food and lose weight at the same time. One way that you could achieve this is through the Ketogenic Diet. Here's a quick preview of what you'll gain from a Ketogenic Diet | The Ketogenic DietThe History of the Ketogenic Diet and Why it WorksChanging The Way We Diet - Ketogenic Diet ExplainedBenefits of Ketogenic DietKetogenic Diet Approved Food List21 Easy-Whip Keto Breakfast Recipes21 No-Sweat Ketogenic Lunch and Dinner RecipesKetogenic Diet Tips for Beginnersand Much More!!... Change your life and stay healthy with the perfect 21-Day Healthy Ketogenic Diet Meal Plan that get you Lean and Lose Weight fast!

## Book Information

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## Customer Reviews

Ketogenic diet is one of the most effective and healthy kind of diet for us. The recipes are easy to prepare. This book is ideal for beginners for the instructions are simple to follow. It is also great for losing weight naturally. The ingredients are easy to find. Each recipe in this book has the nutrients to provide our body for the activities we need everyday. We must be conscious of the foods that we intake into our body and this guide will help us.

It is difficult to get back to health without a guide, because for all you know you could be adding to the problem instead of being the solution. The Katogenic diet 21 day healthy meal plan is one such guide, and after the initial 21 days you are able to see results. So it is clear to see the benefit of something like this, once you get started you are motivated to keep going and be actually healthy. The Ketogenic diet is one that focuses on weight loss and health. The book consists of recipes to help you plan your meals well; you have breakfast, lunch and dinner recipes. It is a whole guide to health.

I was actually in need of such a book which tells proven methods of losing the weight. Ketogenic diet gives me the perfect diet and calories of y daily requirements. The book sheds light on the benefits of nutrition which can maintain our body mass, blood pressure and metabolism level. The book have also delicious recipes which boost up the energy level and built stamina. Having all these qualities i recommend this book to you if you fed up trying the weight loss techniques.

This book is Organised and different from the usual ketogenic diet book,first with Advise on the Importance of ketogenic diet in weight loss and in chapter 2, the book broadly explains the list of fruits to be included in the diet. Am grateful because this book doesn't just lists recipes but it goes on and even gives tips to beginners on How to go along successfully with Ketogenic diet.

Ketogenic Diet is one of the most famous weight loss diet plans. Many individuals from around the world are practicing this diet. This eBook will teach you and provide you a better understanding on what Ketogenic diet is all about and a brief overview about its history will also be discussed. A detailed explanation on the three types of Ketogenic diet are included in this eBook. Discover the amazing health benefits you can get in practicing this diet. A perfect tool we can use in guiding us on what type of food we should consume and what to avoid. Karen Taylor offered some of the best and effective tips and strategies on how we can achieve success with this diet plan. Find out what these "Three Golden P's" are and its significance to your diet. After reading this eBook, you will be aware and knowledgeable on the four most popular variations of the diet and their specific components. What I like about this eBook are the easy to prepare ketogenic diet recipes which my family and I will benefit from. Highly recommended!! An informative eBook with a context that are very easy to understand and apply in our daily lives!!!

I have tried the ketogenic diet in the past and was looking to start it up again, and I turned to this book for some great recipes to try. However, this book is more than just a cookbook; it does explain the ketogenic diet as well as provide information on what it can actually do to benefit your body. Over the past few weeks, I have cooked a lot of the meals in this book and I am excited to try the others. It is rare to find healthy foods that taste great, but this book has a lot of them. If you are already on the ketogenic diet, there is no way you shouldn't have this book. These recipes will help you stick to the diet and start seeing your desired results. I definitely recommend this book.

I always tend to starve myself out in order to take a few pounds off my weight, but deep down I know I'm only doing harm to my body and I needed that to change so ketogenic diet seemed like a good option. Very well-detailed guide that carefully assesses what you consume on a daily basis and the effects are starting to show.

I have never tried ketogenic diet but this is interesting. I want to maintain my flat belly and this book says it helps me to maintain it. There's nothing with trying so I will give it a go some time soon. I have learnt plenty of recipe. I do not want to compromise eating meat so this book is really for me. For me, it is kinda incomplete because some food recipes have no pictures. I would give it a perfect star if there would be complete photos but good to read.

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