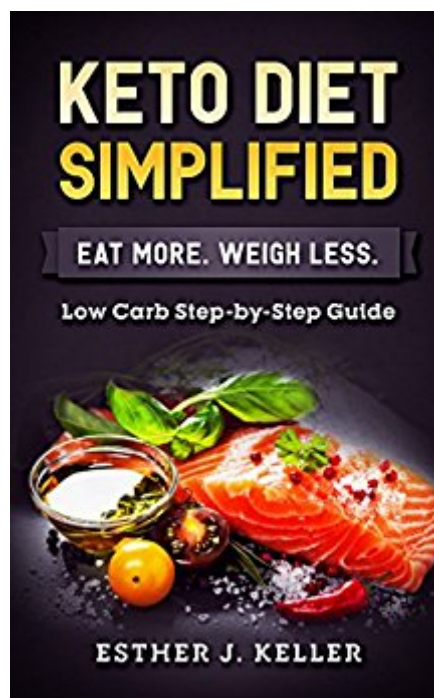




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Keto Diet Simplified: Low Carb Step By Step Guide: Eat More Weigh Less (Ketogenic, Dash Diet, Vegan, Clean Eating, Weight Watchers, Gastric Sleeve, Mediterranean Diet)



Synopsis

Why Keto Diet Simplified? Whenever I explain the scientific process behind the Ketogenic diet to anybody, the answer is always the same: I don't believe you. How can you lose weight by eating more fats? And if you're skeptical, then read on, because this book is for you. It is counterintuitive. But it is effective. And after trying the Atkins diet, the Paleo diet, the Dunkan diet, and more, I can guarantee you that the Ketogenic diet was the only diet that was honestly rewarding enough for me to keep going with it. And I still am. But I remember feeling overwhelmed when I first tried the Keto diet. Some recipes on Pinterest contradicted other recipes on my favorite food blogs. Was I really supposed to eat chocolate cake? Or was I supposed to limit my chocolate? Was I supposed to pile on the buttered chicken? Or curb my protein intake? I'm not a medical doctor. Or a dietician. But I am a journalist. After 2 years of researching, experimenting and more experimenting, at the constant nagging of my friend, I finally agreed to compile everything I've learned, done, and cooked into one book; and in a way that makes sense. I explain exactly how the Ketogenic works on a biological level, translate that into real life, and give you my favorite 25 recipes for starters. This book is for you if: Want to target fat cells directly Want to retain and (even increase, depending on adjustments) your muscle mass Want to eat food that actually tastes good Want to know the basics, step-by-step Want tasty recipes I made myself, complete ingredients, instructions, and nutritional values. I dare you to start this diet. You won't regret it.

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& Wine

Customer Reviews

A good book, but the recipes in the back are a little hard to understand, not real concise.

pretty basic

The speed of weight loss I've seen is incredible and my energy level has remained high. It may also be the only way for people who have become severely insulin resistant, to effectively lose weight. The Ketogenic diet has always lived on the fringes of diet lore and has been seen as extreme. I've learned too much from this book. The end goal of a properly maintained keto diet is to force your body into this metabolic state. We don't do this through starvation of calories but starvation of carbohydrates.

This is a guide to fully understand what is ketogenic diet and what does this type of diet do to our body. Most of us are not aware of what is ketosis and its role in our body and I'm sure you'll appreciate it once you discover it. This is a very good read and it's a useful knowledge for everyone. Also with easy to fix keto recipes inside.

I'm looking for new Ketogenic recipes, and this book has attracted me to its front page. This book is really good for beginners because it contains a lot of useful information on the Ketogenic diet. In addition, the recipes are very original. Here I came across on some new ideas, and I can not wait to try them!

this book is very technical when it comes to the step by step guide on doing the keto diet. if this is your first time doing or trying the keto diet this book is for you, its a complete book guide on how keto diet works. if you really want to lose weight and gain muscles and still wants to eat chocolate this book is for you.

Interesting! This book is everything you need to get started or maintain a healthy lifestyle. It is a worth ready book. I found wonderful recipes and helped me a lot in my keto Diet. It is a book I read everyday
Thank you.

This is a complete guide to all things keto! I love that it incorporates colorful diagrams and to-the-point summaries for when I am just skimming for a quick tip. I have been on a dieting roller coaster most of my life. I've tried low fat, low calorie, low carb, even vegan! Esther you are amazing! Thanks for taking the time to be so thorough and provide us with such an incredible book!

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