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# **Ketogenic Diet: Beginner's Guide: Become An Expert On Low Carb & High Fat Ketogenic Diet!: Sustainable And Effortless Weight Loss And Mental Health For The Rest Of Your Life! + 7-Day Meal Plan**





## Synopsis

Keep Burning Fat Continuously for Summer 2017 And Let Ketones Do The Job For You without Heavy Exercising! Noticeable weight loss in 7 days already! Based on the newest research, sharing the experience of the best doctors and nutritionists in the world! If you want to get to a sustainable weight loss for the rest of your life, cure any type of metabolic or civilizational disease, spend less time in the kitchen and declare your freedom from food addiction – then you have to read this book. Here's the deal: Losing weight and burning fat isn't as complicated as the fitness industry wants you to believe. You don't need to constantly count your calories in order to lose weight. You don't need to do more cardio as much as you need to stick to the right diet in order to lose more weight. Exercise is great, but if you're just not the type of person who can enjoy it, there is no reason to kill yourself in order to lose more weight. Your daily willpower is limited and taking too much out of it for you to exercise more and diet hard at once will make you burn out in the long run. This book reveals things like: TOP 5 most common mistakes people make on a ketogenic diet How To Go Shopping On A Ketogenic Diet Ketogenic Food Pyramid Explained In Depth (Which Foods To Eat or Not) What Is Ketosis? How Ketones Are Created? Am I In Ketosis? + How To Measure It TOP 9 Anti-inflammatory Superfoods You Need To Know 7 Day Keto Meal Plan And much more than that. Scroll up and get your copy NOW! Regular Kindle price \$6.99!!! Grab a bargain until April 30!

## Book Information

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## Customer Reviews

Beside all the useful information there is a great meal plan with macros in this book!

An excellent book that motivates and a lot of useful recipes I really liked read it with pleasure I recommend everything

This diet is definitely made for those serious about their diet. And most likely, someone who eats all kinds of meat. I think this book was well-made and has a ton of information on the Ketogenic diet. It properly describes what the diet is, what is involved, what foods to eat, and how to eat them. There is a color keto food pyramid, which is really helpful, as well as additional charts and diagrams to further illustrate the concepts being introduced. There is a lot of information that I didn't know about the ketogenic diet. For example, I didn't know the methods for gauging your state of ketosis, and I also didn't know that Himalayan sea salt can actually aid you in your health efforts. There is a section dedicated to shopping under this diet, and even a discussion on shopping on a limited budget. I think that the meal plans are super simple, and precise. Overall, this book would be great to pick up for anyone following the ketogenic diet.

I bought this book because Ketogenic diet is so popular these days and I didn't know much about it. This book is a great guide for beginners and you find everything you need to know before you determine the foods that are right for you. The author covers the basics of Ketogenic diet really well and also all the benefits that you can derive. I especially liked the chapter "Ketogenic Diet Food Pyramid." All your food options are explained in two colorful diagrams. And the good fats, anti-oxidants, sources of clean proteins, nuts and seeds, fermented foods, and natural sweeteners are explained in great detail. I also found the chapter titled, "How to Survive First Weeks of the Ketogenic Diet during a Stressful Daily Schedule" very useful. If you want to know about Ketogenic Diet without investing too much money, Ketogenic Diet: Beginner's Guide: Become an Expert on Low Carb & High Fat Ketogenic Diet!: Sustainable and effortless weight loss and mental health for the rest of your life! + 7-Day Meal Plan is a great choice. This book is guaranteed to give you all the information you need to make informed selections on the Ketogenic Diet. PS: The last chapter, "7-day Ketogenic Diet Meal Plan" is a great bonus. This alone is worth twice the price of the book.

My husband and I really enjoyed this book. It is full of great and helpful information. The author explains all that you need to know. From different types of fasts you can do and benefit from, the importance of an EMF blocker, the role of insulin and sugar in our bodies, which I think can be a complicated subject and one that most of us don't think about much. This book also lists the top anti-inflammatory superfoods along with symptoms to know if you are experiencing inflammation. And the book ends with a helpful 7-day detailed meal plan. Like I said this book is full of important information and I think everyone can benefit from it.

I've read well over a hundred nutrition and diet books and I rate this guide to the Ketogenic diet as a 5 star best value. The book is concise, well written and impressively informative. The book provides important nuances about nutritional ketosis that are not found in comparably priced books. The author is clearly passionate about this subject and practices what he preaches. I especially valued the chapter on cyclical keto and the most common ketogenic diet mistakes.

As an LCHF-enthusiast I can assure anyone out there that this book is legit. It is extremely well-written and will help beginners absorb the right approach from the beginning. I recommend this book to you, that are reading this if you would like to try out a Keto diet program. A small download is that all the information is available to obtain through various websites and blogs. However, you will save an incredible amount of time should you buy this book instead.

I think this book to be one of the best diet books. I have read. I have found some information about healthier lifestyle and the benefits of Ketogenic diet are undeniable. This book will lay out easy to prepare recipes and now I choose my favorite recipes to be diet friendly. I understand that choosing diet I can have simple, easy and incredibly healthy. If you desire to lose weight, strengthen your digestive system or even boost your overall health, Ketogenic diet is key. Very highly recommended!

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