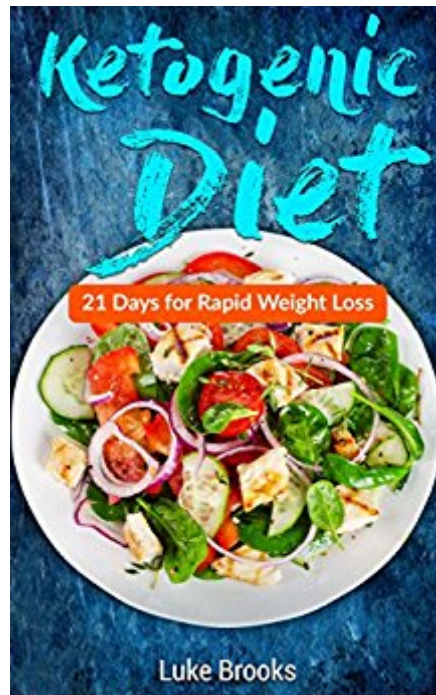




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Ketogenic Diet: 21 Days For Rapid Weight Loss



Synopsis

Do you want to lose weight, have energy all day long and feel amazing? Don't leave it for next Monday, and start upgrading your life TODAY! Many people struggle when it comes to losing weight, trying different kind of diets with different recipes. Everyone knows that the most important factor when trying to lose weight, it's what we eat. But don't worry because we made this book just for you with all the information you need to know about the Ketogenic Diet. The Ketogenic diet is something which has been around for a long time. It has been shown to work, and with its unique method of burning fats rather than carbohydrates, it has been proven to assist with weight loss, while improving your overall health too. Now, in this latest book on the subject, we will show you how the Ketogenic diet will start to work for you, in just 21 days. What will you discover in this book What is the Ketogenic Diet Benefits of the Ketogenic Diet Common Mistakes to Avoid Foods to Eat and Foods to Avoid 21 Day Meal Plan Tips for Losing Weight Breakfast Recipes Lunch & Dinner Recipes Delicious Dessert Recipes Drinks Recipes And much more! What better investment than investing in your own health? 21 days is all it will take to have the body you've always wanted and feel amazing! Download your copy TODAY! Tags: ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic diet plan, ketogenic diet guide

Book Information

File Size: 1396 KB

Print Length: 134 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 13, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01KDFI724

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #531,586 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle

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Customer Reviews

Look, while it is easily written and has lots of seemingly keto meals & recipes, it is EXTREMELY important to know the macros of each one but this book does not provide a source or link where we can get it nor is it included in the book. This is extremely disadvantageous because you absolutely need to know your MACROS (#/% Cabs, Fats, & Proteins) as well as if you're using technology like MyFitnessPal to easily record & track your meals and progress. Then if this was included you could combine meals intelligently because you would always keep track of your macros. This is needed before I can give it a positive recommendation and if you start a keto diet, you really need to know this to be successful. I basically read this book and then found other keto-recipes online that showed me my macros, which I validated. Today marked by 2nd week being keto and I've lost 14.4 pounds and many many inches off my waist. Transparency in any book with recipes is key. Author, please provide a source online.

This guidebook is amazing and throughout this book I have come to know more about Ketogenic diet. Inside of this book the author Luke Brooks has described a 21-day diet plan and I really liked that plan. This diet plan was especially for rapid weight loss and growing up the energy level. I am already trying to follow this diet plan and trust me, within a week I got huge improvement over my health. Throughout this book, now I have understood about the benefits of this diet. Here I have found a bunch of recipes too and I liked most of these recipes.

This book taught me some really interesting things that I didn't know about this way of eating. I think that book does an excellent job of defining what the Ketogenic diet is and several of the key health benefits that a Ketogenic diet can have. I didn't realize that there are so many other benefits to this diet than just losing weight. Moreover, I was surprised to learn that you can achieve these health benefits by eating 75% fats. It provides some excellent tips on how you can avoid common mistakes that people often make when going on this diet plan. I found these tips to be very helpful. The book contains what appears to be a very comprehensive list of foods to eat and foods to avoid when on this diet plan. I found that to be very handy as well. I especially liked the wide variety of recipes this book contained and the 21 day meal plan. I do a lot of cooking, and yet

I never would have thought of some of these recipe ideas. The book made me hungry just reading all of these terrific recipes. The recipes are also very simple and practical to prepare, in addition to being healthy and tasty. I think this is an excellent book overall, but in terms of quality and quantity. It's well worth its tiny \$2.99 price in my opinion if you're interested in learning about the Ketogenic diet.

Excellent resource for anyone following a Ketogenic (high fat/low carb) diet. This book explains what a ketogenic lifestyle is with great recipes to help you stay with it. You will be a healthier you with this diet. Highly recommend for those who want to lose weight and eat amazing.

I have been following the ketogenic diet for a few months now and i've been finding it to be very repetitive. This book has given me lots of new varieties especially in the treat department! Like the "chocolate chip and caramel mini muffins" which you don't find often in "diet" books. I'm also an extremely busy person in the morning and I never have time for breakfast. This book gave me so many good smoothie recipes that will be a quick replacement for breakfast like the "sage and strawberry smoothie" and the "creamy egg smoothie" excited to give them a try! Good read!

I have a close friend who has seen great success from the keto diet so I thought I would check it out. I wanted to know more about what goes on in the body as well as how to effectively be on this diet. This book does explain what is going on and why it works, some benefits of doing it, and then goes on to explain how to do the diet as well as offers different recipes for each meal as well as some snack ideas that are all friendly to the diet. You should still do your own research before taking on an intense diet like this but give this book a try and see what you think for yourself.

This was a truly informative book. Very applicable to a person wanted to lose weight. This will help us stay true to the principles and eat according to the meal plan even in the face of cravings day after day. This book also provides guidelines to control our daily food. Applying and understanding Ketogenic diet will help to lose body weight and free from cancer and other illness. The tips and guideline from this book is very helpful to prolong a healthy life.

I have followed so many diets but the result was not that much and I always gain weight after some period of time. After reading this book I felt that this is a good diet to be followed. The book gives good information on the diet's background and lots of recipes for people who wish to create

their own foods based on the ketogenic diet. You can lose so much of your weight and become fit.

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