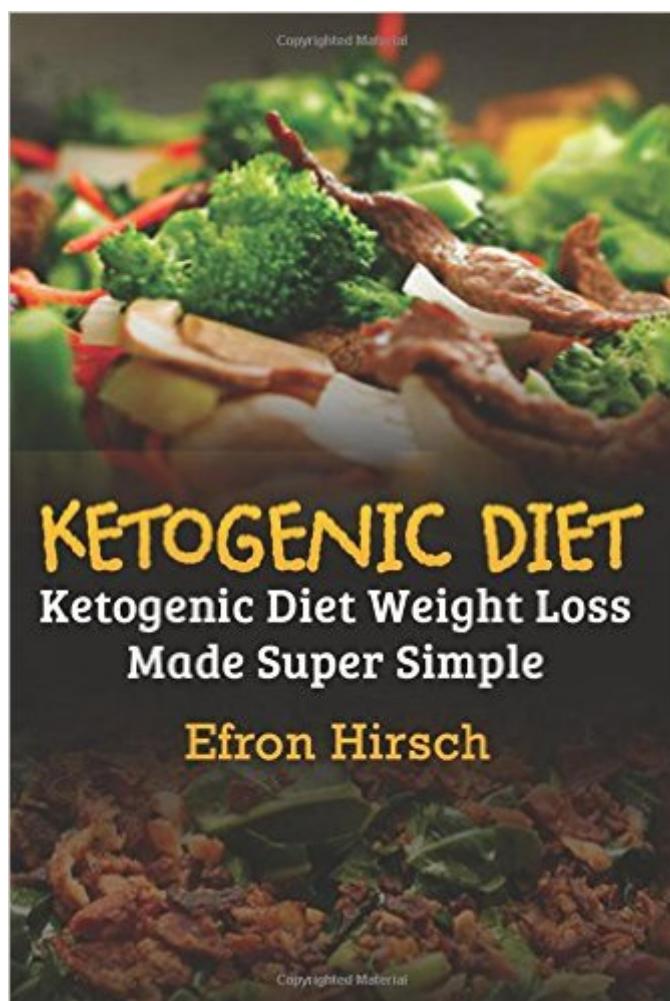


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# **Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic Cookbook, Ketogenic Food, Ketogenic Diet Cookbook) (Volume 1)**



## Synopsis

Lose Weight Fast With This Book Losing weight is definitely not a walk in the park for many people around the world. Think about it; some of us have moved from one weight loss regime to the next hoping that they would finally find the magic formula for losing weight. Unfortunately though, many of the weight loss strategies out there don't work. In fact, at best you may lose a few pounds very quickly and then gain it all back just as fast. This can be very frustrating. Then you might ask yourself: so what's the secret to losing weight and keeping it off for good? Well, the secret is in knowing how the process works, then using this information to your benefit. This is where the Ketogenic Diet comes in, especially because understanding the process referred to as Ketosis will allow you to use that information to put your body in that state so that you can maximize weight loss and keep it off. This book will teach you everything there is to know about the Ketogenic diet and Ketosis. Purchase your copy today!

## Book Information

Series: Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook

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Average Customer Review: 4.8 out of 5 stars (See all reviews) (56 customer reviews)

Best Sellers Rank: #255,159 in Books (See Top 100 in Books) #3 in Books > Science & Math > Agricultural Sciences > Tropical Agriculture #137 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #1905 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

This book did a good job of explaining how Ketogenic diet works, how ketone bodies are produced by the liver that aids in fat utilization for energy. The scientific and lay man's terms making it more understandable and acceptable. The history of the diet was also told and how it was discovered. The benefits discussed in the book can greatly help anyone who is considering the diet in deciding as the advantages outweighs possible side effects. Overall, I found a good lot of information about

this diet and I am satisfied.

This cookbook does require some planning of meals, but it has tasty, more original things than some. It is beautifully done and we have enjoyed it tremendously. I cook all of our food from healthy, organic, grass fed whole ingredients already, and have done so for years and this book just fits right in. I normally make my own food and have always been told I was a very good/great cook. With this one, I'm following the recipes as closely as possible because I'm just learning about keto.

Being healthy and dieting are one of the topics that I love the most. And when I saw this book, I purchased and started reading it. Though I already heard about Ketosis Diet before, I never knew that I will be able to learn a lot from this book. Great job from the author is laying all of the needed information that I need to further understand what is Ketosis and how does it work. A bonus information about the food that I need to eat and those that I need to avoid. Great read.

I think this book discussed many important Keto diet tips that will help you have an effective Keto diet plan. There are certain food that you need to avoid and there are food that is good for you and help you lose weight. Once you are in this diet, you are also prone to having constipation and many other problems so this guide helps you prepare for those problems and risks. The guide discusses why certain food are good for you and bad for you which help you understand the right type of food that you need.

This guidebook is amazing and very helpful. By the help of this book I have come to know more Ketogenic Diet. Inside of this book the author has described about how to lose weight via this diet and its basic definition. Though I had read this type of book before, but this book is one of my best reads. The author, Alan has done an outstanding job and he described all most everything about Ketogenic diet and Ketosis. By reading this book I have understood about how does it works, the benefits of this diet, and much more. By reading this book I am super impressed and luckily I got this book with a discount rate. I will love to recommend this book to all. This is my honest opinion and I have tried to show about the quality of this book.

I love this book because it has provided information that would help me get started with the ketogenic diet. Basically i need diet programs that would help me lose weight..not that i am overweight but i wanted to maintain a specific weight of my preference. This book will guide the

reader into understanding the contribution of ketosis to weight loss. It is nice to understand the science behind the ketogenic diet so i wont just blindly follow the diet meals provided also by the book. Though the recipes are good to start with, understand what ketosis is will help me/the reader to prepare his own meals.

Excellent book about ketogenic diet that is one of the most popular diets in the world of weight loss right now for several reasons. This is a great helpful and informative guide. Well and easy to understand. It explains the basic principles of a ketogenic diet in a very easy and simple manner that anybody can understand.

This book gives you the step by step guide when you decide to begin a ketosis, you need to prepare a proper diet plan before starting it. You will need to know about foods which are good for you and what you need to buy for this diet. You do not need to focus a lot on your diet plan of daily routine, once you have entered the ketosis, you will see that a lot of the foods which you have been taking daily will no more be part of your diet. You need to think smart and work hard.

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