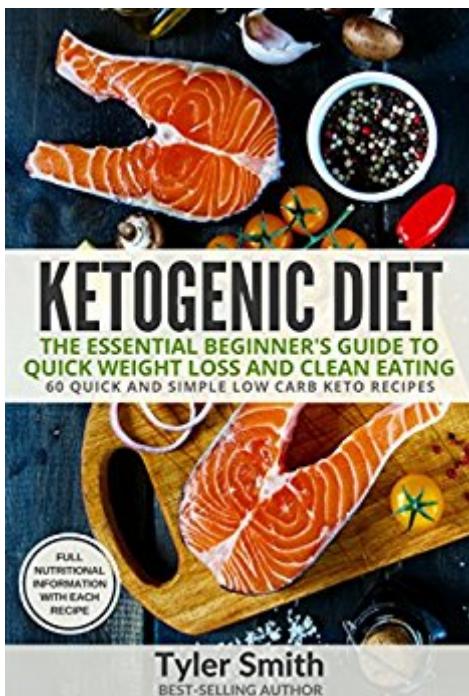


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# **Ketogenic Diet: The Essential Beginner's Guide To Quick Weight Loss And Clean Eating - 60 Quick And Simple Low Carb Keto Recipes (Ketogenic Low Carb Diet Book 1)**



## Synopsis

Would you like to learn more about the KETOGENIC DIET? Would you like to create quick and simple Keto Recipes? Would you like to upgrade your life with healthy and nutritious Ketogenic dishes without spending all day cooking? If yes, then this book might be a perfect choice for you! The ketogenic (keto) diet is not a new fad diet. In fact, it has been around for decades. While it lost its popularity some decades ago with the emergence of fad diets that promise quick weight loss and other benefits, the keto diet has, in recent years, found its way to people's consciousness once again. This is because of the diet's many proven health benefits. For weight loss The diet is quite a popular program for weight loss today because of its different approach to weight loss. Other health benefits Ketogenic diet is not only a weight loss tool. There are other health benefits as well, including better blood sugar management, better mental focus, and more energy to meet the demands of your daily grind and for workouts. Some of the benefits a keto diet: Rapid weight loss Reduced blood sugar & insulin levels Younger looking skin Appetite suppression Increased levels of HDL Cholesterol Lower triglycerides Lower blood pressure Reduced blood sugar & insulin levels Clearer thinking Sustained and consistent energy Heartburn relief Mood stabilization Induced ketosis Lower cancer risk Boost in endurance and stamina And the list goes on... What is included in this book: An overview of the ketogenic diet. Who it is for and what benefits can be gained. What you must eat and what food to avoid. Why some people think it is not a safe diet. 60 simple and easy to follow recipes that you can use to stay on the diet. And a lot more! So, what are you waiting for? Grab a copy of this book, and embark on your new healthier lifestyle right now, for a limited time discount of only \$0.99!

## Book Information

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## **Customer Reviews**

I have used ketogenic diet for a year now and I could say it fits me and it gives me a lot of health benefits like mood stabilization, lower blood pressure and rapid weight loss. This book is good for beginners who want to know more about this kind of diet and how it can help them.

If you starting out on a ketogenic diet this book explains alot about the diet and also has a ton of recipies in it. Doesn't call for crazy ingredients like some other cookbooks do. If you want simple recipies and a great explanation of a keto lifestyle this is the book for you!

This book has a lot about Ketogenic diet, An Essential BeginnerÃƒÂ¢Ã  ¬Ã  „cs Guide to Quick Weight Loss and Clean Eating. These recipes are very helpful for quick weight loss. I really like this Ketogenic Diet book. The author did a great job by written this guide. Thanks

I find this book helpful and informative! This book helped me understand what ketogenic diet is. Like, what are its effect and benefits on your body, and how to do the diet right. It's good to know that you can control your blood sugar with Keto diet. Grab this book, highly recommended!

What I like about the Ketogenic diet is that it is a health way of living. This type of diet is perfect for people who was some extra pounds and wants to rid of them quickly and smoothly. This book is a must read for anyone interested in the Ketogenic Diet.

The ketogenic (keto) diet is not a new fad diet. In fact, it has been around for decades. I have been using this kind of diet for almost three months now and I could say it help me a lot in keeping me fit and healthy.

Interesting! I never tried the ketogenic diet but this book did well in convincing me that taking such method would help me maintain my body. I am into gym and running but I never tried following a certain diet. The keto diet though seems interesting and motivating. I think I can manage to try this.

I got this book as a gift and I have been enjoying it so far. The recipes are just great.

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