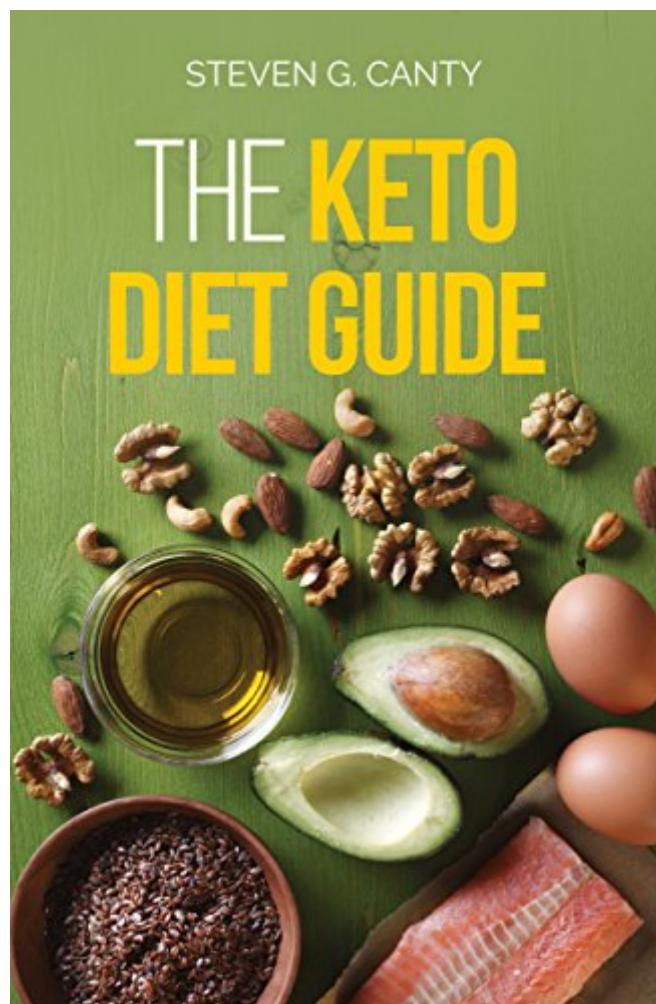


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Keto Diet Guide: The Clear Guide To Your Keto Path (Keto, Keto Diet, Lose Weight, Recipes On Ketogenic And Paleo Diet Book 1)



Synopsis

The simple and complete Guide to follow the Keto dietWhile there are numerous different low carbohydrate diets on the market today, they all can trace their efficacy back to the human body's natural ability to burn fat for energy. Known as ketosis, this is a process that few people are familiar with due to modern societies propensity for carbohydrate based foods and beverages.Most diets are just a temporary solution to a complex issue that can't be fixed with a few weeks of restrictions, deprivation and calorie- counting.They don't teach you how to change eating habits for the long-term. Keto is a lifestyle.This book will break down everything you need to know about a ketogenic lifestyle including meal plans, what to avoid and diet hacks to make going keto as easy and comfortable as possible.Whether you are brand new to the ketogenic theory or have tried it before unsuccessfully, this book will be your go-to for all the things you need to know about keto, it will be your companion as you go through your journey. That is why I wrote this Clear Guide on Keto.In This Book you will LearnThe incredible benefits of the Keto DietWhat sets the Keto Diet apartThe Science of KetoKnow your macrosEntering ketosisComplete Grocery List for your Meal PlanFoods to eatFat BombsFoods to avoid at all costsTips for SuccessMistakes to Avoid and also... A Complete 1 Week Keto Diet Meal Plan with Detailed Recipes!

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Customer Reviews

I LOVE this book! Though it does not include a meal plan for vegans specifically, the amount of information included in the book allowed me to create my own vegan keto meal plan. It also has a lot of helpful advice on how to deal with issues that may arise as your body transitions from sugar burning to fat burning. This book is so easy to read that it makes it possible for anyone to be keto! A great read and super informative. I love her Paleo approach and her no dairy approach! The recipes are wonderful and yummy. I would recommend this book to anyone interested in a Paleo friendly keto life.

Awesome and good book. This book is packed with details about every aspect of a Keto eating lifestyle. So much juicy information and the breakdown of recipes is amazing. If you love to know all the ins and outs then this is your Keto bible. This is a big book, with tons of information about eating the Keto way, but really listening to your body and doing what is right for you. I have not finished this book yet, but tons of great information! I highly recommend this book!!

The author explains how to enter ketosis, how to follow Keto diet and lose weight. I especially found helpful detailed description of a foods that are recommended and not recommended. The books is valuable for anyone who wants to lose weight.

Ketogenic is one of those diets that I learned to get accustomed to just recently. I like to explore more and this book has a good variety of recipes to try on. So far the recipe instructions were easy to follow and understand. I don't find any difficulty with the preparations. I highly recommend this.

This book was able to open my mind to what Keto diet is all about. It also pointed out the list of food that makes up this diet. The books is valuable for anyone who wants to lose weight.

Excellent book detailed with keto diet guide. Very helpful in meal plans and a good guide to weight loss. Easy to follow and the recipes are yummy. Greatly recommend it to everyone

I was recommended to start a keto diet recently and was in search of an efficient keto diet manual to find out everything about it. This book is one of the few I liked in particular, where I found all useful advice and recommendations, which was really helpful for me. I strongly recommend this book! Thanks a lot!

would have liked a detailed explanation, anyway it has very interesting information on the Keto Diet, good short Guide to refer.

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