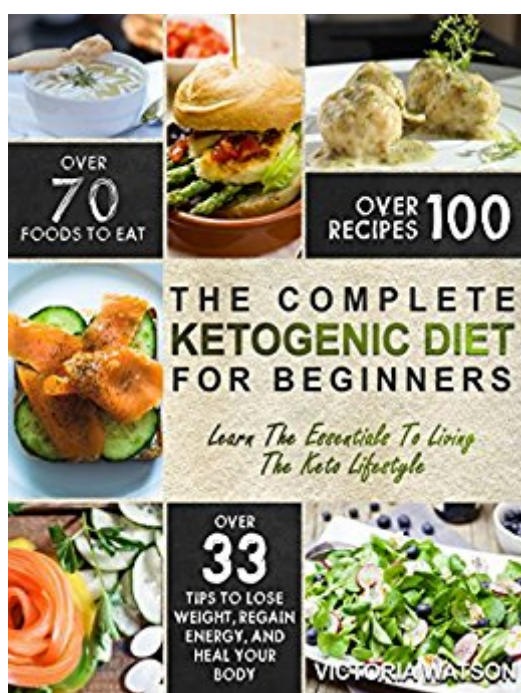


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# Ketogenic Diet: The Complete Ketogenic Diet Cookbook For Beginners – Learn The Essentials To Living The Keto Lifestyle – Lose Weight, Regain Energy, And Heal Your Body (Ketogenic Diet For Beginners)



## Synopsis

Are you tired of trying fad diets that never seem to work? Do you want a sure a certain way to lose weight, that is healthy and simple to achieve? The answer to your search could be with The Complete Ketogenic Diet Book for Beginners, a book which will teach you all the essentials you will need to lose weight, boost energy and heal your body at the same time. Inside these pages you will discover not only a range of great recipes for any time of the day, but also: What the ketogenic diet is How ketosis benefits you with weight loss, blood pressure and more The foods to avoid and the foods you should eat Ketogenic FAQs Tips for when you are eating out And much more! The ketogenic diet has become steadily more popular over the years, as many people turn to its amazing success rates to help them with their own weight loss programs. Now, you can do the same, with the help of The Complete Ketogenic Diet Book for Beginners. Get a copy now!

## Book Information

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## Customer Reviews

Really good book to start keto diet!

This book answered a lot of questions in reference to the Keto diet. Also, tried some of the recipes

which were pretty awesome.

Good ideas

love it

I think this book to be one of the best Ketogenic diet books. I have read. I have found some information about healthier lifestyle and the benefits of 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 !

I had high hopes for this cookbook and it does have a lot of information and many recipes. However, it has not made the conversions from metric measurements to our familiar US measurements. That strikes me as lazy on the author's part. The recipes also do not show the macros, again a lazy omission. So for me, it's not worth more than the.99 I paid.

Awesome! This ketogenic diet book is different than most. For starters, it gives you the science behind the process. It explains ketosis and how it plays into the ketogenic lifestyle. That is about the first third of the book. The rest of it is an outline including ketogenic recipes and food that facilitate the process. The information is straight forward and easy to understand. I'm so glad I found the ketogenic diet cookbook. This is really worth recommending!

Complete Ketogenic lifestyle package for all who wants to enjoy a healthy life but not compromising the taste of delicious foods. I found this book is a complete book for all beginners and a useful one for the persons who already in keto diet. The author give an perfect introduction of keto genic diet including what it is and why you need it, how this diet will help you to loose weight and gain energy at the same time when your are on diet. The recipes provided in this book are unique and fresh at the same time delicious, almost all kind of food are included in this book as fish, beef, chicken, vegetable for your every day meal. This book already took the top place of my kitchen shelves. Recommended.

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