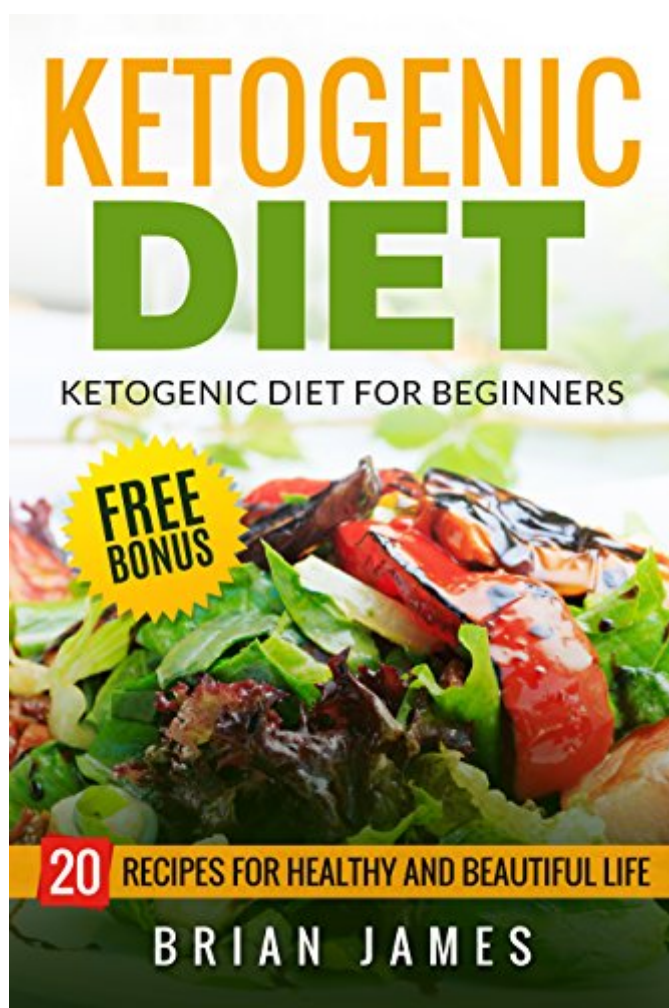


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# **Ketogenic Diet: The Complete Step-by-Step Guide For Beginners To Lose Weight And Get Healthy (Ketogenic Recipes, Weight Loss, Low Carbs, Step By Step Guide, Ketogenic Cookbook, Keto For Beginners)**





## Synopsis

Get Your FREE BONUS inside the bookDownload this book, read it to the end and see "FREE BONUS", after the Author pageAre you struggling with weight loss? Do you want to look more beautiful and filled with much more energy? Do you want to change your whole life?Use these weight loss tips and delicious recipes to achieve happiness, health, and beauty, without boring workouts, diets, and cutting calories.Today's Limited Special Price: \$0.99! (From \$4.99)This book contains secrets, proven steps, and strategies on how to lose weight and burn fat.It discusses ketogenic diet, the good it does to you, the different types of ketogenic diets, possible side effects, starting the diet, achieving ketosis, signals that you are in ketosis, and measuring ketosis. This book also provides a diet plan as well as a listing of what you can and cannot eat. Moreover, this book gives you several recipes that you can use for your ketogenic diet.There Are Many Benefits in Using This BookSpeedy Weight Loss with No Exercises at AllUnshakable ConfidenceHealth and HappinessUnstoppable EnergyYounger Looking Skin What You Will Also Learn InsideWhat Is a Ketogenic Diet? What Good does it Do? What Are the Different Types of Ketogenic Diets?What Are the Possible Side Effects of Ketosis? How Do I Start the Ketogenic Diet? How Can I Achieve Ketosis? What Are the 10 Signals that You Are in Ketosis? What Are the Different Ways to Measure Ketosis? What Is Your Ketogenic Diet Plan? What Can I Eat? What Can I Not Eat? What Are Some Recipes? And Much, Much, More!!If you are not satisfied with your purchase, we offer you a 30-day money back guarantee.This step-by-step guide will give you all of the tools you need to achieve your NEW and INCREDIBLE FutureToday only, take action now and get this book for just \$0.99What Are You Waiting For?STOP Procrastinating Scroll up and click "Buy now with 1-Click" to purchase your copy right away!

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## Customer Reviews

I found this helpful for getting started with a ketogenic diet, mainly for the health benefits and recipes within. It provides a good overview of what a keto-diet actually is and how it helps the body, as well as what foods are considered "ketogenic". And good guide on how to get started with one of the 3-types of keto-based diets, safely and effectively. A guide of what to eat and not to eat is helpful as well as the actual pros/cons of this type of dietary adjustment. A few meal suggestions are provided with good details on ingredients, cooking instructions and meal variety.

I honestly learned new information from reading this book. It teaches me the three types of ketogenic diet that I never heard of before from other ketogenic book; they are standard ketogenic diet, cyclical ketogenic diet and targeted ketogenic diet. This book helped me understand better the purpose of these types of ketogenic. Overall, it's a good book to recommend for anyone.

This book has 20 Recipes to get beauty and good health. I already cooked few of them and it was really good. I just love it. This book also will help you to weight loss and it has also few feature like low carbs, step by step guide to follow, fat loss, fat burning, and more. This book is especially for beginner like me.

In this book I read about proven steps on how to lose weight by burning more fat. All the basics of the Ketogenic diet are covered as well as a diet plan and some very nice recipes. If you want more energy and want to burn fat, you will find this book a good help achieving your goal

The book is easy to read and understand. This is an advance ketogenic information that can't be found anywhere else. I learnt a lot from this. Not only about a ketogenic diet, but also nutrition and understanding. The author has a remarkable knowledge about ketogenic recipes and the nuts and bolts of it.

Ketogenic Diet For Beginners is the best book in it's class, and I've read quite a few of them. Ss0me very unique and tasty recipes...

I studied and read up on nutritional ketosis so I felt fairly prepared. I'm about 1 week in and I'm very excited for the future results!! And I'm glad that i have this wonderful cookbook!

Easy to understand and follow. I would appreciate it if there were more information about Ketogenic diet itself.

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