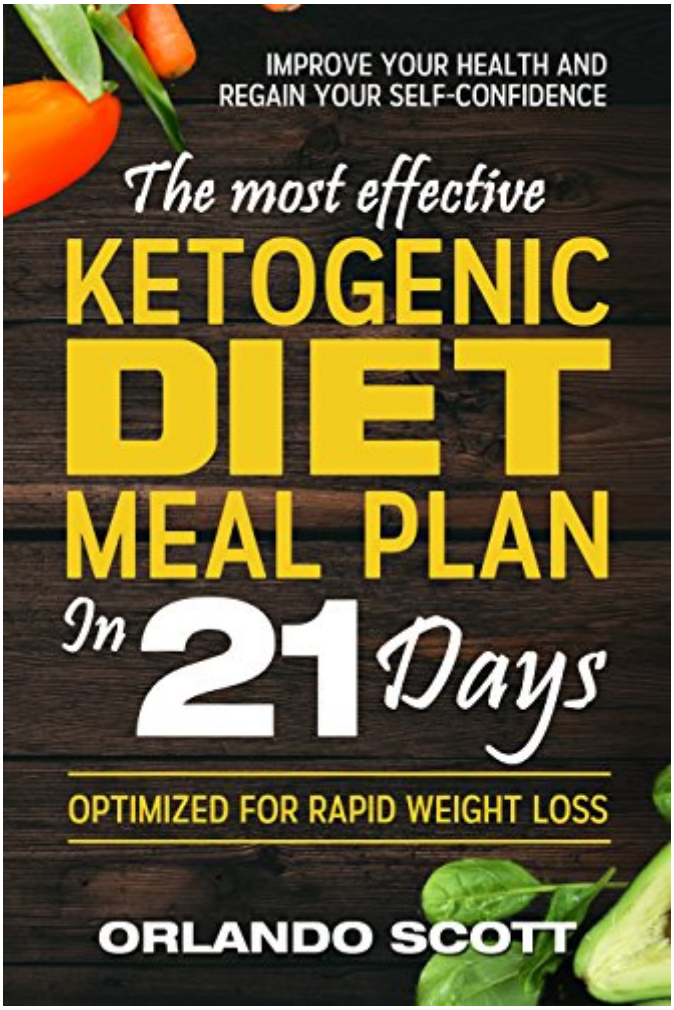
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Ketogenic Diet: The Most Effective Ketogenic Diet Meal Plan In 21 Days



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Synopsis

Have you ever felt like you have been gaining weight even though there havenÃ¢â ¬â„¢t been much changes to your diet?This is only natural as our bodyÃ¢â ¬â„¢s metabolic rate slows down gradually as we age for both men and women which results in the burning of less calories. Usually, this appears to be more apparent at the age of 30 and leads to weight gain. What if there was a diet plan where you can eat the food you would normally deny yourself from eating, prevent you from worrying about your calorie intake, gain extra muscle and give you and energy boost? Would you be willing to try it out? Meal plan with delicious recipes optimized for Weight LossOn top of the weekly shopping list, youÃ¢â ¬â„¢ll also find that all of the recipes have their daily amounts of Protein, Net Carbs, Fats and Calories carefully calculated and planned out throughout the 21 days. There will also be detailed explanation as to what to expect during each phase of the Ketogenic Diet and the rationale behind choosing the given recipes. Some of the recipes to expect include Frittata Muffins with Cheese, Bacon Burger with Spinach Salad, Meatballs with Bacon & Mozarella etc. Are you sure eating all these food is going to help me lose weight ?Fundamentally, you have to understand that the Ketogenic Diet works on the principle of losing weight through Ketosis. This means that the restriction of glucose energy forces the body to break down fat to use for energy. This process triggers when the amount of net carbohydrate intake reduces to 15 grams or less. Detailed steps on how to test for Ketone levels would also be provided.What else you can expect to find inside..A quick look at the history of the Ketogenic Diet as a means of epilepsy managementBenefits associated with the Ketogenic DietHow to monitor your Ketone levels (What do the readings mean)Medical conditions and medications that are incompatible with the Ketogenic DietPotential dangers of low carb diets and common misconceptionsLimited Discount Price of $2.99 Till End of the Month - Usual Price $4.99Scroll up now and click the "Buy Now With 1 Click" button

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Customer Reviews

As someone who is starting out on the ketogenic diet, I found this book contains a lot of useful information about how to begin. In addition, it gives very scientific but practical information for the effectiveness of the ketogenic diet, as well as the main health advantages explained.I really liked how the book breaks down the start of the diet into weeks and days, so that you have a clear guideline of what you should be eating each day and how you should be feeling as a result. The recipes are vey practical and actually make grocery shopping a lot easier! One thing I didn't agree with was the recommendation for 'keto coffee' - It's a good idea, but caffeine isn't really that healthy in my opinion.But overall, would recommend.

The meals were repeated often without pictures or nutritional information.

Really good information, well put together.

it is informative and a healthy diet.

great diet tips

I'm not sure how this book got so many good reviews. Am I the only one who actually read this??? I could have gotten this info off the wed for free. I'm very disappointed....

This is a very complete guide about the ketogenic diet that includes a 21 days meals plan. It's

perfect for those who want to start trying to go keto but don’t know a lot of meals options.

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