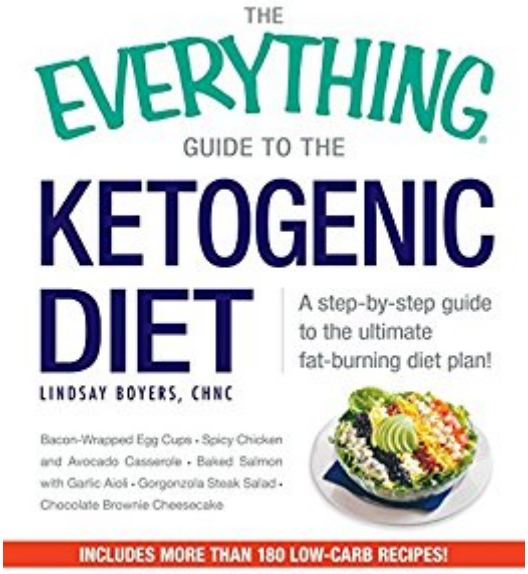
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The Everything Guide To The Ketogenic Diet: A Step-by-Step Guide To The Ultimate Fat-Burning Diet Plan (Everything: Cooking)



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Synopsis

Drop the weight and get healthy with a low-carb, high-fat diet!Have you tried to lose weight on low-carb diets, only to find yourself struggling with cravings and ultimately putting the weight back on? It’s time to try the ketogenic diet, a healthy eating plan that is low in carbs, high in fats, and moderate in protein. This combination provides real fat-loss results, as your body burns fat for fuel. In this all-in-one guide, you’ll learn:How your body obtains energyWhat ketosis is and how it helps you lose weightHow to calculate your personal macronutrient ratioWhich foods to avoid and embraceHow to reduce your body fat and improve insulin levels With customizable daily meal plans, you’ll learn how to adapt the ketogenic lifestyle to suit your own needs and tastes. If you’re looking to lose weight, improve your energy, and never feel deprived with flavorful, natural whole foods, The Everything Guide to the Ketogenic Diet has you covered.

Book Information

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Customer Reviews

I bought this book on the suggestion of a few people who love it. I was pretty disappointed to find

that the recipes did not list an estimate of the macro nutrients. I understand that you should figure it out yourself depending on what ingredients you are using, but it would be nice to have an idea while deciding what recipes to make. I use keto to control diabetes so my carb count if super important. That being said, the recipes do look good and I look forward to trying them out.

This book gave me knowledge that answered my questions and more. I did not like that the recipes had no nutritional values listed for each recipes.

Good information on the keto way of life, but recipes not as tasty or budget friendly as I would have liked.

Suzie I would recommend this book to anyone who is unsure of what the diet is about. It has a number of recepies as well as information about the diet.

I love this book and I received it very quickly! thank you.

Great helpful information...I like how it is set up, a ton of recipes.

Awesome book! Lots of great fun new recipes!!

Wonderful book

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