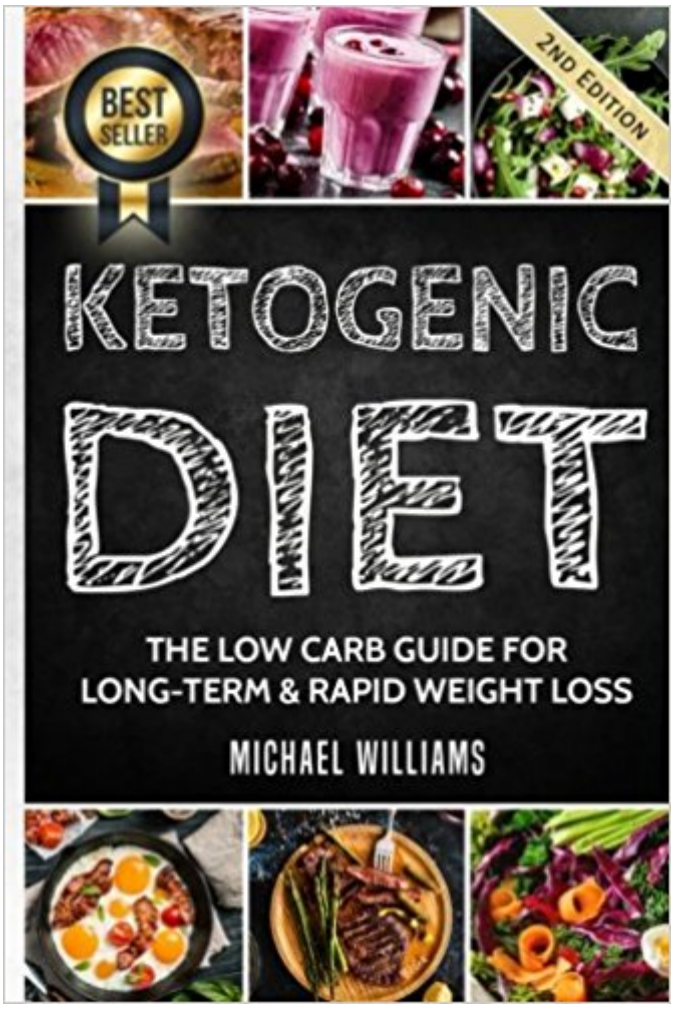
Ebook Directory
the best source of ebook

The book was found

Ketogenic Diet: The Low Carb Guide For Long-Term & Rapid Weight Loss (Ketogenic Diet For Beginners, Keto, Ketosis, Sugar Detox)



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Second Edition Now Available with Images to all Recipes and a more in-depth Guide to the Ketogenic Diet! Burn fat and restore your wellbeing with the proven, safe and effective Ketogenic Diet system. Are you looking for more than just an average weight-loss diet? Want to improve your health and wellbeing along with it? If youÃ¢â ¬â„¢re struggling to lose weight or are losing weight while still maintaining unhealthy cholesterol and blood sugar numbers, then you donÃ¢â ¬â„¢t need a fancy fad diet, you need a healthy overall wellness program that burns fat and resets your metabolism to normal, healthy levels. What you need is the Ketogenic Diet program. With the Ketogenic Diet you can expect to see: Loss of weight Improved energy and metabolism Reduction in cholesterol, blood sugar, and blood pressure Freedom from sugar cravings and food obsession And much, much more! Look no further than this informative weight-loss system and lifestyle guidebook: Ketogenic Diet: The Low Carb Guide for Long-Term & Rapid Weight Loss. Kick carbs to curb and achieve your weight loss goals with this easy-to-follow, organized guidebook designed specifically to focus on: 1) Low Carb Diets: Free yourself from the empty calories of sugar and replace them instead with hearty and healthy foods aimed at burning fat and reducing cravings 2) Easy-To-Follow Diet Plans: Step-by-step instructions to ensure correct preparation 3) Easy-on-the-Eyes System: With pictures and guides on each recipe page, this guidebook shows you how to recreate delicious and healthy meals that will help you achieve your weight loss and wellness goals. For the seasoned ketogenic dieter and the rookie alike, this guidebook offers a comprehensive look at what the diet is and how you can implement it into your everyday life in order to reap its benefits of health, wellness, and wellbeing. With over 40 recipes & a bonus meal plan, this guidebook will set you up for success with the ketogenic diet plan. Discover all of the ways the ketogenic diet system can work for you and get started today! With a thorough overview of the ketogenic diet system and easy ways to avoid common diet mistakes, Ketogenic Diet is the one-stop reference for all of your answers, meal plans, and recipes in order to achieve your weight loss and wellness goals. Grab your copy today!

Book Information

Series: Ketogenic Diet for Beginners, Keto, Ketosis, Sugar Detox
Paperback: 158 pages
Publisher: CreateSpace Independent Publishing Platform (July 2, 2017)
Language: English
ISBN-10: 1548444146

ISBN-13: 978-1548444143

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 35 customer reviews

Best Sellers Rank: #59,114 in Books (See Top 100 in Books) #60 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #91 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #94 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

Great little book! I carry it with me to remember all that I can eat and still lose fat. Ketogenic eating works!

still reading .... seems to have lots of good info.

Wonderful Seller; Will order from again :0)

interesting

While this book has some good recipes, as a whole it is poorly written. The author talks in circles and never tells you how to follow this diet plan. Also, the author repeatedly uses the term "immune" incorrectly. Don’t waste your money.

This book very plainly spells out the ins and outs of all the Ketogenic Diet possibilities - For me, knowing the history and reading some of the success stories has made me more enthusiastic about helping my son be successful with the Modified Atkins Diet.

Informational and very helpful explaining the diet. Very good recipes too. I would highly recommend this if you are trying to get a better understanding of keto.

Too many mistakes that need to be edited and also includes misinformation. For instance, foods that aren’t keto like milk and vegetable oil.

Download to continue reading...

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Ketogenic Diet: The Low Carb Guide for Long-Term & Rapid Weight Loss (Ketogenic Diet for Beginners, Keto, Ketosis, Sugar Detox) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Low Carb: The Ultimate BeginnerÃ¢â ¬â„¢s Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipies, Low Carb Cookbook) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Ketogenic Diet Weight Loss Recipes Box Set 2 Books in 1: Burn Fat and Achieve Rapid Weight Loss For Beginners through Low Carb and High Fat Recipes Ketosis ... fitness and ketosis and get a Dream Body) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, ... carb, low carb diet, weight loss) (Volume 1) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. The Ketogenic Diet Cookbook: Lose 15 Lbs In

Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Keto Diet. DonÃ¢â ¬â„¢t Harm Yourself: TOP 5 Ketogenic Diet Mistakes, The Beginners Guide on Keto Diet, Meal Plan for Weight Loss, Cookbook and Recipes, Body ... (Low-carb, Ketosis, High-Fat, Paleo Diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet)

Contact Us

DMCA

Privacy

FAQ & Help