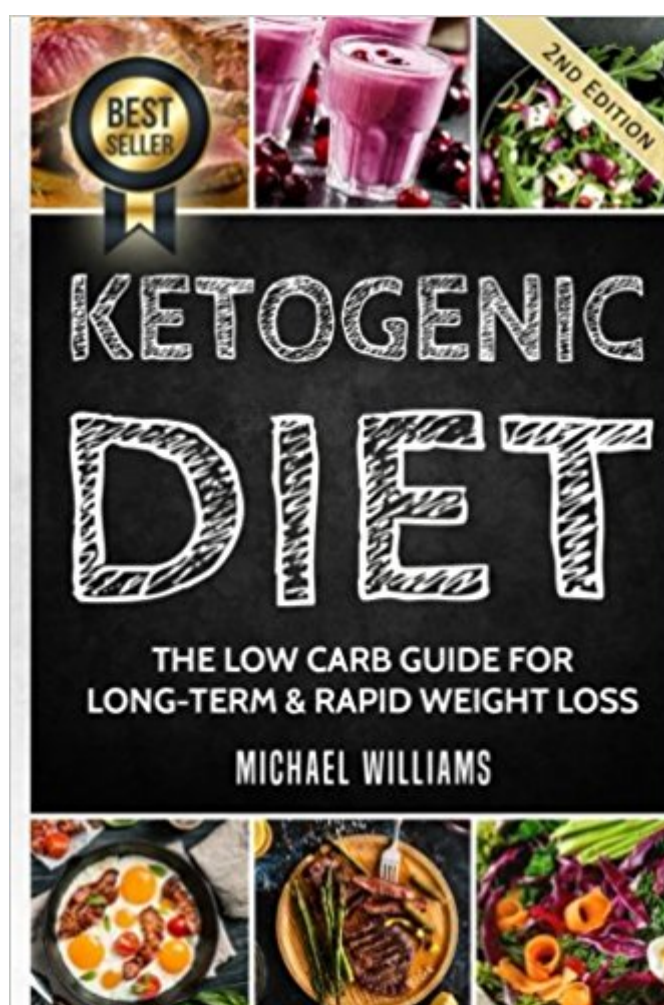


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# Ketogenic Diet: The Low Carb Guide For Long-Term & Rapid Weight Loss (Ketogenic Diet For Beginners, Keto, Ketosis, Sugar Detox)



## 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 youâ™re struggling to lose weight or are losing weight while still maintaining unhealthy cholesterol and blood sugar numbers, then you donâ™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

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## 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.

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