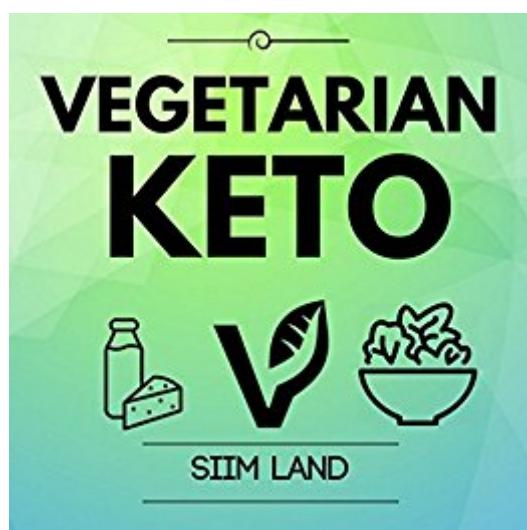


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# **Vegetarian Keto: Start A Plant Based Low Carb High Fat Vegetarian Ketogenic Diet To Burn Fat Easily And Increase Insulin Sensitivity (Simple Keto Book 5)**



## Synopsis

The Ground-Breaking and Life-Transforming Vegetarian Ketogenic DietAre you a vegan or a vegetarian?Have you ever wanted to start a ketogenic diet? Don't know where to begin eating low carb?Is a vegetarian keto diet even possible? The answer is an astounding YES!Whatever your reason or condition, you will most definitely benefit from this. One thing that needs to be covered right away is the difference between veganism and vegetarianism. They're based on a similar philosophy of not consuming sentient beings as food but have some additional variations in food choices. A vegan excludes everything that would come from an animal — meat, fish, poultry, dairy, eggs and even honey. There are many types of vegetarians, but the main exception they have is that they accept the consumption of either eggs, dairy, milk, cheese and so on, as long as animals aren't violently killed in the process.Vegetarian Keto provides you with A simple plan to start a ketogenic diet for vegans and vegetarians.Everything you need to know about the keto diet and low carb eating.A tasty ketogenic diet meal plan created on plant based foods that burn fat and battle diabetes.The information in this book can be used for both a vegan and vegetarian ketogenic diet. It's a plant based low carb high fat diet plan that includes the consumption of some eggs and dairy. You can use it according to your own philosophy and nutritional approach.A vegetarian ketogenic diet is probably one of the most sustainable and healthiest diet there is. It gives the body everything it needs.Here's what you'll get from Vegetarian Keto.

- Burn body fat, not muscle. Weight loss doesn't equal fat loss.
- Improve your mental focus and make your mind as sharp as a knife.
- Battle diabetes and potentially reverse it.
- Improve your health markers, such as blood pressure, blood sugar levels and cholesterol.
- Protect yourself against cancer, tumors and coronary heart disease.
- Increase your longevity and insulin sensitivity.
- Become fat adapted and start using fat for fuel.
- Experience mental clarity and feel amazing.
- Have access to abundant energy all the time.
- Reduce your hunger and lose sugar cravings for good.
- Eat mouthwatering and delicious meals that leave you satiated for long periods of time.

All of those benefits while STAYING IN KETOSIS AS A VEGETARIAN.The author Siim Land is a modern day Renaissance man and a keto expert. A holistic health practitioner, fitness expert and an author. He has practised the ketogenic diet for a long time and has improved his performance, health and well-being. The same can be done for you. Vegetarian Keto is just that - an easy vegetarian ketogenic diet for beginners that covers everything you need to know about how to start eating low carb without losing your mind of becoming too stressed out. "Life transforming"

## Book Information

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Endocrine System

## Customer Reviews

There's obviously a gap between keto diets and veggie-based approaches. This book is intended to somewhat fill that gap as well. I personally found it interesting to read different approaches and more varieties to methods one could follow to reach good health and a much better way of living. This would be a great starter book for anyone willing to learn more about the vegetarian aspect of the keto diet.

The author is a self-proclaimed expert (with no formal education) who never cites sources. This book is full of links to products so it reads like he's just trying to make affiliate income. I could forgive that if the recipes were good, but nope. The recipes weren't anything special, just the same stuff on any beginner low-carb site. No photos, either. Oh, fry an avocado, so sensational. Don't waste your time.

Bought this for my son n law, have no information, but just glancing through it, I found it interesting.

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Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts)

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