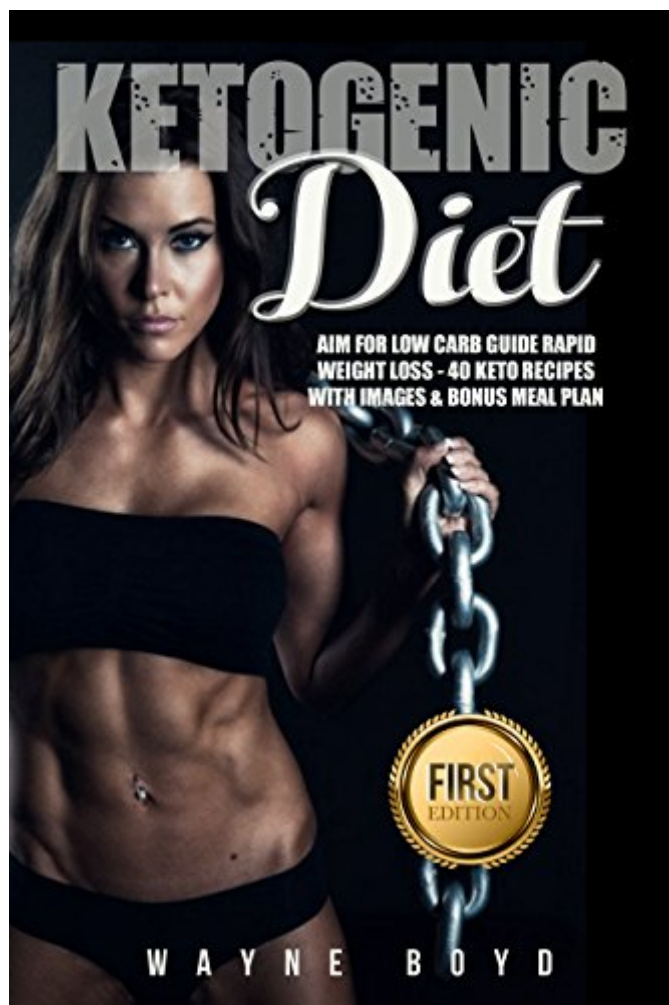


The book was found

Ketogenic Diet: Aim For Low Carb Guide Rapid Weight Loss: 40 Keto Recipes W/ Images & Bonus Meal Plan(Ketogenic Diet, Paleo, Intermittent Fasting, Atkins ... Vegan Diet, Anti Inflammatory, Dash Diet)





Synopsis

Do You Want To Know More About The Ketogenic Diet?Ketogenic Diet: Aim for Low Carb Guide
Rapid Weight Loss: 40 Keto Recipes w/ Images & Bonus Meal Plan(Ketogenic Diet, Paleo,
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Diet

Customer Reviews

At first I thought this was a fitness book if not for the title. A good amount of tips on every chapter

give the reader the information needed to start out with Ketogenic Diet. Looking through the recipes, it will be easy to convince anyone that good food can taste good. I appreciate the author's effort of including images of the dishes. Substitute ingredients are also included. I definitely love this book. It's a carefully planned nutrition guide and cookbook for a healthier menu.

This book really covered all the bases for me. Putting aside all the great recipes (each which have their own picture, big ups for that) there's a ton of great info on the diet itself, compatibility, mastering the techniques of this particular diet. This was a great find, if you're interested at all in ketosis, this is the place to start.

A very effective way to lose weight in a short period of time. The cover of this book indicates how this will highly help us lose weight with the help of the strategies and techniques being stated in this book. This is a great guide for rapid weight loss and without worrying about side effects of diets or the malnutrition.

I was considering different books that I get health benefits even if I'm on my diet plan. This book is one that I considered that have recipes that I keep on preparing for my meals. I was also trying to experiment some other recipes in here. Nice one.

This book is so helpful and filled with great information! It's not the first time I heard "ketogenic diet" but after reading this book, I understood what it is. I learned that the diet is not for everyone, the meal plan and recipes looked great! It's a great find!

This book provides an awesome guide to the Ketogenic Diet and is geared towards beginners. The information is laid out logically and is easy to understand.

It's waaayyyy more than a cookbook as well with detailed information on ingredients, methods and even meals plans. This book has quickly become my ketogenic diet bible and in the past month has gotten more wear than any cookbook I've ever owned. I absolutely love the recipes. It's an honestly incredible book and, in my opinion, really worth the purchase!

My assumptions and hear say (yes hear say) of the Ketosis diet has kept me from considering this

healthy lifestyle change .What made me take another glance ...is my younger sister not was (she's still alive and doing it herself) . I feel what can I lose besides unwanted extras (we know what those are ie..pounds) , my husband also can benefit too . I'd love to begin today but we can't but we will begin soon!! The recipes are to die for a complete list to follow ...flawless Ketosis plan with some substitution this is why I give 5*'s .

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Ketogenic Diet: Aim for Low Carb Guide Rapid Weight Loss: 40 Keto Recipes w/ Images & Bonus Meal Plan(Ketogenic Diet, Paleo, Intermittent Fasting, Atkins ... Vegan Diet, Anti Inflammatory,Dash Diet) 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) Intermittent Fasting: The Ultimate Intermittent Fasting Guide for Healthy and Quick Weight Loss (Intermittent Fasting Plan, Intermittent Fasting for Women, Weight Loss, Burn Fat, Intermittent Eating) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) 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) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) 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 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) Intermittent Fasting: Burn Fat Incredibly Fast, Gain Muscle and Live Longer With Intermittent Fasting (Intermittent fasting, Fasting diet, Intermittent Fasting For Beginners) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know

****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Paleo Diet: 365 Days of Paleo Keto Anti Inflammatory Diet Recipes: Paleo Cookbook, Keto For Beginners, Cooking, Cleanse, Healthy Meals, Weight Loss, Low Carb, Ketogenic Diet Plan, Kitchen, Whole Food Ketogenic Diet With Intermittent Fasting For Rapid Weight Loss: Bundle: 3 Books in 1: 100+ Delicious Low-Carb Recipes For Amazing Energy (Intermittent Fasting Bundle, atkins diet) Intermittent Fasting: Made Simple - How to Build Muscle and Burn Fat Faster with Less Effort using Intermittent Fasting (BONUS: 11 Little Known Weight ... 2 Diet, Fasting, Intermittent Fasting Diet) 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) Fasting: Intermittent Fasting - The Secret To Losing Weight Fast, Permanently And Feeling Wonderful (Intermittent Fasting For Weight Loss, Intermittent Fasting For Women, 5 2 Diet) Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners

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