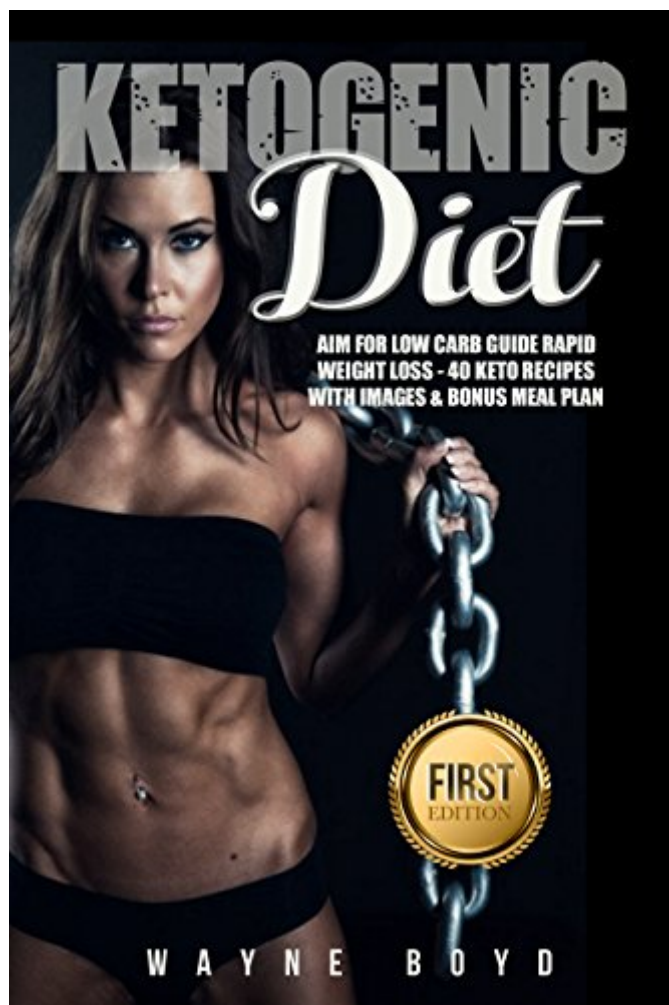


The book was found

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
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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! 

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 hearsay (yes hearsay) 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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