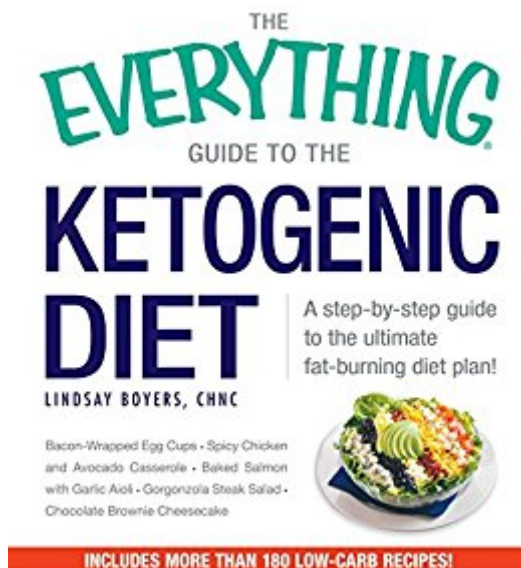




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# The Everything Guide To The Ketogenic Diet: A Step-by-Step Guide To The Ultimate Fat-Burning Diet Plan (Everything: Cooking)



## Synopsis

Drop the weight and get healthy with a low-carb, high-fat diet! Have you tried to lose weight on low-carb diets, only to find yourself struggling with cravings and ultimately putting the weight back on? It's time to try the ketogenic diet, a healthy eating plan that is low in carbs, high in fats, and moderate in protein. This combination provides real fat-loss results, as your body burns fat for fuel. In this all-in-one guide, you'll learn: How your body obtains energy What ketosis is and how it helps you lose weight How to calculate your personal macronutrient ratio Which foods to avoid and embrace How to reduce your body fat and improve insulin levels With customizable daily meal plans, you'll learn how to adapt the ketogenic lifestyle to suit your own needs and tastes. If you're looking to lose weight, improve your energy, and never feel deprived with flavorful, natural whole foods, The Everything Guide to the Ketogenic Diet has you covered.

## Book Information

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## Customer Reviews

I bought this book on the suggestion of a few people who love it. I was pretty disappointed to find

that the recipes did not list an estimate of the macro nutrients. I understand that you should figure it out yourself depending on what ingredients you are using, but it would be nice to have an idea while deciding what recipes to make. I use keto to control diabetes so my carb count is super important. That being said, the recipes do look good and I look forward to trying them out.

This book gave me knowledge that answered my questions and more. I did not like that the recipes had no nutritional values listed for each recipe.

Good information on the keto way of life, but recipes not as tasty or budget friendly as I would have liked.

Suzie I would recommend this book to anyone who is unsure of what the diet is about. It has a number of recipes as well as information about the diet.

I love this book and I received it very quickly! thank you.

Great helpful information...I like how it is set up, a ton of recipes.

Awesome book! Lots of great fun new recipes!!

Wonderful book

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Health, Fitness, Ketogenic Diet For Weight Loss( The Everything Guide to the Ketogenic Diet: A Step-by-Step Guide to the Ultimate Fat-Burning Diet Plan (Everything: Cooking) 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) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) 365 Days of Ketogenic Diet Recipes: (Ketogenic, Ketogenic Diet, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Ketogenic Diet: 365 Days of Ketogenic Diet Recipes (Ketogenic, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) 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 Ketogenic Diet :The Step by Step Guide For Beginners: Ketogenic Diet For Beginners : Ketogenic Diet For Weight Loss : Keto Diet : The Step by Step Guide For Beginners Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) 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) Ketogenic Diet: 58 Delicious Low Carb Ketogenic Recipes for Fat Burning and Permanent Weight Loss! (Ultimate Cookbook -Complete Beginners Guide on Rapid Weight Loss and Diet Mistakes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)

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