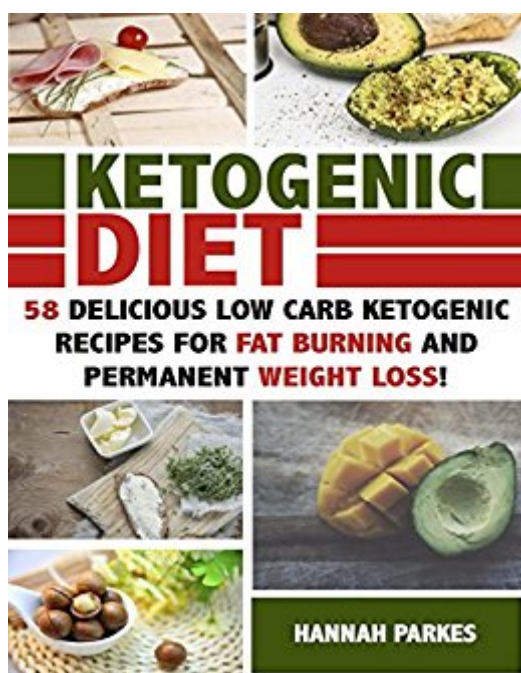


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# Ketogenic Diet: 58 Delicious Low Carb Ketogenic Recipes For Fat Burning And Permanent Weight Loss! (Ultimate Cookbook -Complete Beginners Guide On Rapid Weight Loss And Diet Mistakes)



## Synopsis

Who says dieting is dull and boring? Thanks to this book, the idea of losing weight has become a "delicious"™. This book is written to provide the readers a whole new perspective in dieting, fat burning, and permanent weight loss. These are all achievable without having to sacrifice what people are naturally fond of doing – EAT! Yes, this book offers 58 mouth-watering easy recipes that you can instantly try at home. There is no need to be an excellent cook to recreate these dishes – the ingredients are easy to find, the methods are simple, and most importantly, they are perfect for your goal of achieving permanent weight loss. What can you expect from this book? 1)

Easy-to-understand explanation of the principle behind Ketogenic Diet 2) List of foods that will help you achieve Ketosis 3) List of foods that you should permanently forget 4) Know how Ketogenic diet can be beneficial to you and your loved ones 5) Low-carb recipes you can try, share, and experiment on Life is just too short to waste on diet therapies that do not just work. This book offers is anchored to two fundamental aspects of dieting – understanding the concept and applying it effectively. To make a diet therapy work, these two factors should be present. This book offers a powerful tool to those who are suffering from metabolic problems and to those who turn their lives around. When implemented correctly, the result of Ketogenic diet is astonishing. Why not start now and live the life you have always wanted? This book can make those goals of shedding fats and keeping off the excess weight for good happen. If you are ready to make this massive changes on your health, grab this book now.

## Book Information

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## Customer Reviews

Ketogenic was the first diet book I ever tried and loved because of how great it is for me and how this diet proved its worth to me. Being in a Ketogenic diet is not that easy because one must need to be disciplined in all forms for you to be able to survive and enjoy the diet plan. What I love most in this ketogenic book is the low carb and fat burning recipes which can be prepared easily because of the step by step preparations inside.

As a follower of the Ketogenic Diet, I really find this book very helpful. I like this book It really helps me a lot to make a nutritious food for my family and also to lose weight and have a healthy life. The more important is, it gives me a lots of idea to make my own nutritious meal plan from breakfast up to dinner. This guide is truly an asset to tackle the ketogenic diet, and I would call it a clear must read for anyone taking on a ketogenic diet. So, I decided to learn more about this Ketogenic Diet. And I consider that this book assisted me realize all I need to know. This is the ultimate Ketogenic Diet book by far!

With the help of this book, the idea of losing weight has become Ã¢ÂdeliciousÃ¢Â. I enjoyed few of the recipes that I have already tried on this book so far. I am looking forward to try all of these recipes. It's so fascinating to think that I can still enjoy delicious foods even on diet. There is no need to be an excellent cook to recreate these dishes Ã¢Â the ingredients are easy to find, the methods are simple, and most importantly, they are perfect for your goal of achieving permanent weight loss.

The recipes in this book are easy to make and delicious! I would recommend this book for those looking for a diet that helps you feel better!

Good points about the benefits of the diet. Good amount of recipes. Lots and lots of smoothie recipes. Lots of spelling errors, makes you wonder if the book was proofread.

This is a great little recipe book. I was lucky and got it at a drop down price, and I'm so glad I got it. Some of these recipes are yummy!

Ok ...I guess. I did not feel well on the diet. Probably a waste of my time and \$

This really is not for me. Maybe for someone who does not like carbs.

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