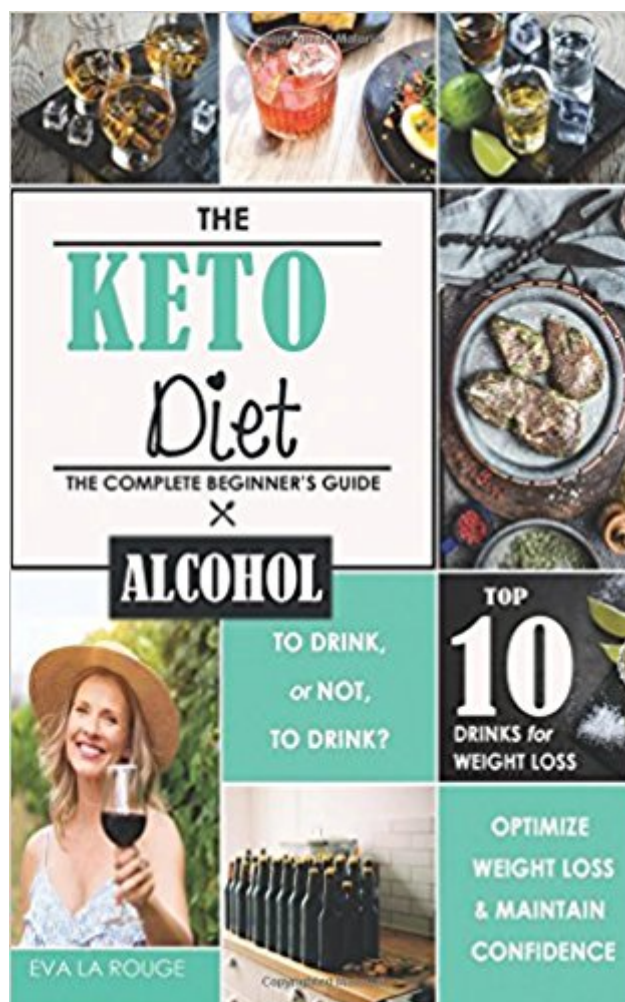


The book was found

The Keto Diet: To Drink, Or Not To Drink? A Complete Beginner's Guide To The Top 10 Alcoholic Drinks For Confidence And Weight Loss On The Ketogenic Diet. (Volume 1)





Synopsis

Do you want to maximize your weight loss on the Keto diet? Have you ever wondered which alcoholic drinks are best for your Keto diet plan? Maybe youâ™re not sure where alcohol fits into your diet? Fear no more! Inside youâ™ll find the top 10 alcoholic drinks to maximize your weight loss and maintain confidence while drinking on the Keto diet. Recent studies have shown the benefits of drinking alcohol for decreasing stress, reducing the risk of heart disease and diabetes, and improving your overall health and wellbeing. While Alcohol does affect your weight loss results on the Keto diet, *The Keto Diet: To drink, or not to drink?* does away with the misconceptions that you shouldnâ™t drink alcohol, and shows you how to maximize your weight loss and enjoy your favorite alcohols on the Keto diet. Â Inside you will find: How to stick to your Keto diet plan AND drink your favorite alcohol. How to maintain ketosis while drinking your favorite alcohol. How our bodies burn alcohol on the Keto diet. A list of the top 10 alcoholic drinks on the Keto diet. A Wine, Beer and Mixed Drinks guide. An optimized Daily Meal Plan involving alcohol. Â As well as: How the Keto diet compares against other diets. The benefits/side effects of drinking alcohol on the Keto diet. â™Must knowâ™ Keto dieting principles. The Science of the Keto diet. A history of the Keto diet. And much more! Eva La Rouge, a fitness coach, market researcher, and grandmother to 2 beautiful grandchildren, has struggled with her weight for years. After discovering the Keto diet back in 2008, she now enjoys renewed confidence, health, and well-being. When sheâ™s not busy looking after her two grandchildren, Eva works as a fitness coach at her local gym in Santa Monica, where she has helped thousands of women lose weight by following a Keto diet plan. She has especially taught her students how to successfully incorporate alcohol in their lives while following a Keto diet by discovering a â™must knowâ™ happy balance between drinking and dieting â™ the best of both worlds!

Book Information

Series: The Keto Diet

Paperback: 86 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (August 5, 2017)

Language: English

ISBN-10: 1974310965

ISBN-13: 978-1974310968

Product Dimensions: 5 x 0.2 x 8 inches

Shipping Weight: 5.3 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 14 customer reviews

Best Sellers Rank: #39,249 in Books (See Top 100 in Books) #73 in Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #122 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

Eva La Rouge, a fitness coach, market researcher, and grandmother to three wonderful children, has struggled with her weight for years. After discovering the Keto diet back in 2008, she now enjoys renewed confidence, health, and well-being. When she's not busy looking after her two grandchildren, Eva works as a fitness coach at her local gym in Santa Monica, where she has helped thousands of women lose weight by following a Keto diet plan. She has especially taught her students how to successfully incorporate alcohol in their lives while following a Keto diet by discovering a "must know" happy balance between drinking and dieting – the best of both worlds!

This is such a great book. Tons of useful information on keto diet lifestyle. Inside you'll find the top 10 alcoholic drinks to maximize your weight loss and maintain confidence while drinking on the Keto diet. In this book you will learn: How to stick to your Keto diet plan AND drink your favorite alcohol, How to maintain ketosis while drinking your favorite alcohol, How our bodies burn alcohol on the Keto diet, A list of the top 10 alcoholic drinks on the Keto diet, A Wine, Beer and Mixed Drinks guide, An optimized Daily Meal Plan involving alcohol. This book is very informative. Will highly recommend this one.

Keto diet is really a helpful diet plan than others to keep fit our health and lose weight. It's true that Keto diet may not help you to lose weight so quickly rather it has so benefits I've noticed after having these awesome juicy recipes. This book has presented the top 10 alcoholic drinks to maximize your weight loss and maintain confidence while drinking on the Keto diet. Indeed, I'm getting expected results in my entire health. I like to recommended this diet cookbook who wants to lose their weight naturally and keep fit their body for a better live.

Getting rid from high fats is actually very difficult, this task as I was earlier suffering from fats issues and didn't get desirable food. Then I read this book completely and found an outstanding way of losing weight simply and easily and get a desirable tips and process with complete

knowledge of ketogenic diet. Appreciated writing.

This is an informative book where the author discusses the benefits of the Keto diet and also gives a brief history about it as well. The book also talks about what alcoholic drinks can be drank during the diet and also shows how to make them. So one doesn't have to sacrifice a good drink to maintain a diet. Great read!

I found this book very helpful for a beginner. It has lots of good recipes to help you succeed. Wonderful book if you are new to Ketogenic eating. Simple language, answers all your questions. This is a little gem. A lot of solid information that is well organized and perfect. This is a good place to start and has lots of handy references for anyone on the Ketogenic diet.

This book is filled with tons of great info on Keto. There are several different profiles you can choose from with a questioner to help you decide. I love the way this book is written as well. Who already follows a ketogenic lifestyle, like me for the last four years, can learn so much from her. This book is packed with amazing information that really helps you. Great job!

This book is amazing! It is very thick and sturdy. It has tons of content. There is general information, tailored eating plans, macro charts, recipes and so much more! Worth every penny and then some!!!

This book is AMAZING! It's the perfect guide for anyone wanting to learn how to get all the benefits of a keto diet without the hassle. It's good to know that you can control your blood sugar with Keto diet. This is a great book for anyone who wants to lose weight and stay healthy with it is to follow guide.

[Download to continue reading...](#)

The Keto Diet: To Drink, or not to Drink? A Complete Beginner's Guide to the Top 10 Alcoholic Drinks for Confidence and Weight Loss on the Ketogenic Diet. (Volume 1) The Keto Diet: To Drink, or not to Drink? A Complete Beginner's Guide to the Top 10 Alcoholic Drinks for Confidence and Weight Loss on the Ketogenic Diet. Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic 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) Ketogenic Diet For Beginners: Simple and

Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(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) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) 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) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) 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) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Keto Diet Guide: The Clear Guide to your Keto Path (Keto, Keto diet, Lose Weight, Recipes on Ketogenic and Paleo Diet Book 1) Ketogenic Diet: The Only Ultimate Keto Diet Blueprint For Beginner To Start Your Effortless and Permanent Weight Loss. 70 Weight Loss Keto Recipes! 14 ... Atkins, Anti Inflammatory,Dash Diet) Vegan Ketogenic: The Complete Low-Carb Vegan Ketogenic Diet and Recipe Guide (Recipe plans, protien, carb, keto, keto living, healthy living, fast weight loss, weight loss, burn and lose belly fat) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) 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) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide for Rapid Weight Loss and Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1) 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

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help