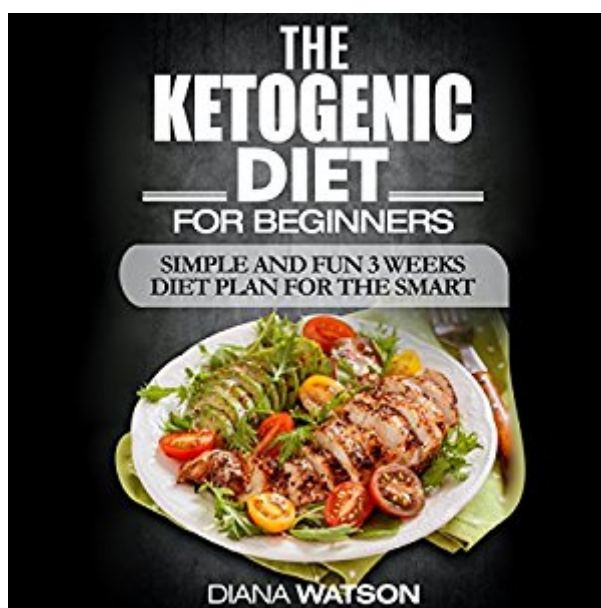


The book was found

Ketogenic Diet For Beginners: Simple And Fun 3 Weeks Diet Plan For The Smart



Synopsis

If you find yourself lacking energy or not liking what you see when you look in the mirror, then the ketogenic diet might be the perfect diet for you. The results happen quickly and for most often quite dramatically as well. The ketogenic diet is not just your traditional low carb diet, as it is based on the science of how ketones can help you burn fat by being your main source of energy. The body traditionally runs on glucose and stores fat, but with this diet, you will training the body to do the opposite. It will learn to burn fat as energy, including previous fat stores as well. One of the most unique parts of this diet is that it can target different fat stores too, especially that in the abdominal area. Not all diets can claim this, but with the ketogenic diet, it is to be expected. If you are at risk for type two diabetes or high blood pressure, this diet can also help you regulate your glucose and lower your blood pressure naturally. You will learn how to cook different mix and match meals for yourself that will get you off to a great start when you begin the ketogenic diet. You might think it is overwhelming and that you won't be able to eat any of the foods that you love such as tacos or even pizza, but that is the case, they will just have a unique twist. If you want to lose weight and improve your health, don't hesitate to give this proven diet a try!

Book Information

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Ketogenic #197 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking

Customer Reviews

This is a helpful book on Ketogenic Diet For Beginners. All of the things, tips and recipes that I need to know about Ketogenic Diet are already included and well written inside. Diana Watson has done a good job in compiling and creating this book of Ketogenic Diet For Beginners. All the recipes are

healthy, delicious and easy to prepare. This book is really a great resource for those who want to learn more about Ketogenic Diet. The book is worthy of attention!

This is really nice guide for the beginners. It contains recipes that really help me lose weight. This book really helped me to understand what ketogenic diet is and what health beneficial I can get. Good thing I got this book.

Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart by Diana Watson was a good book. There were many great tips and recipes for anyone looking at the ketogenic diet.

This is really an amazing diet book for the beginners. This is one of the only books I found that actually had a lot of helpful information. It's really works for weight loss. I can learn many things from this book. Like how can I keep myself safe while shedding those extra pounds, how my body works. All information exact and reliable. I really enjoyed this book. Well written book. Recommend to all.

This book had me at 3 weeks plan. It saved me hours tried to put one together. I enjoyed the plan as well, new recipes and ideas.

Awful! The book. Black and white with no illustrations. The recipes looked as if they were copied, pasted and reformatted. I expected more quality.

Not very useful...but ok

This book had discussed what exactly the ketogenic diet is and how it can help improve our life whether it is from weight loss or boosts some energy. The benefits of ketogenic diet are immense which makes it possible for me to start right away and have a wise lifestyle change. The 3 weeks diet plan is so easy for me to follow.

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