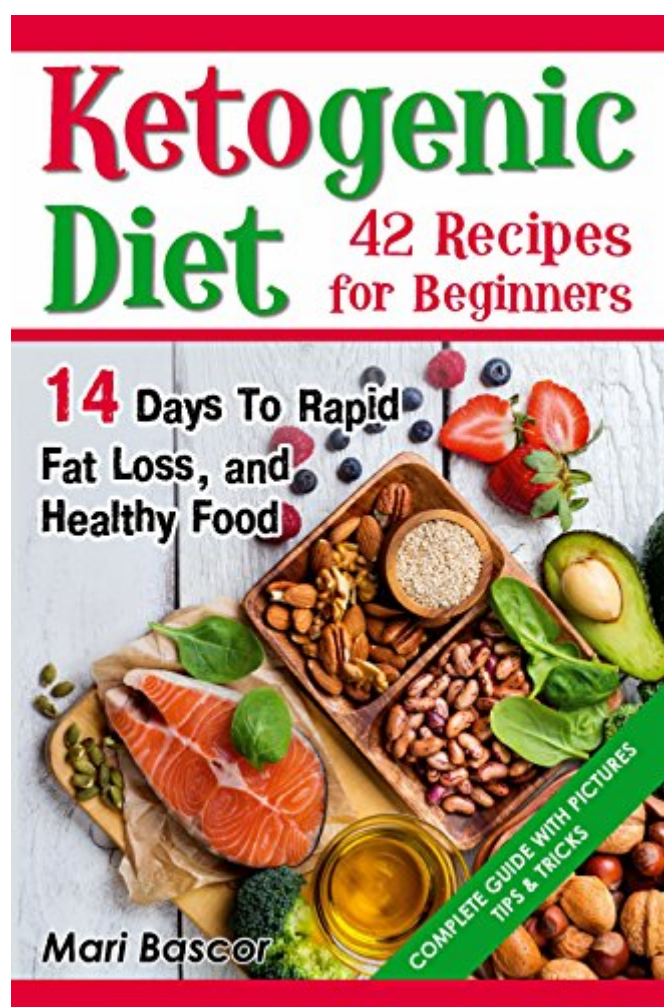


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# Ketogenic Diet 42 Recipes For Beginners: 14 Days To Rapid Fat Loss And Healthy Food



## Synopsis

Ketogenic Diet 42 Recipes for Beginners 14 Days to Rapid Fat Loss and Healthy Food Lose weight and keep it off with the straightforward guidance and simple recipes in Ketogenic Diet 42 Recipes for Beginners "your all-in-one resource for starting" and sticking to "the ketogenic diet. It is Time to Start! Do you want to lose weight, but don't know how to start? Changing your eating and exercise habits can be difficult, which is why you often give up after a single day! With Ketogenic Diet for Beginners you can enjoy your favorite foods, instead of avoiding them. Indulge in Deviled Eggs with Bacon, Tropical Raspberry Smoothie, Spicy Chicken Kebabs, Sole Asiago, Strawberry Shortcake, Easiest Salmon Mediterranean Baked Fish, and so much more. Scroll up and click "Buy now with 1-Click" to download your copy now! © 2017 All Rights Reserved!

## Book Information

File Size: 5624 KB

Print Length: 76 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 28, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073HGWCZX

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #82,365 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #89 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Ketogenic #96 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb

## Customer Reviews

Ketogenic diet revolves around the fact that when we restrict some daily carbohydrates intake to a bare minimum, then our body utilises the stored fat in our body to produce energy. By following this kind of diet is much easier than most people may think, we just need to be careful about our diet charts and plans. The best way to become successful in this kind of diet is to make a meal plan at the

beginning of the week and be sure to stick with it.

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! I am very pleased with the purchase.

Yummy diet recipes book. I honestly like this book. All ketogenic diet recipes is a great high fat diet with moderated and regulated protein consumption and a greatly reduced carbohydrate allowance. All directions are easy to understand and included nutritional information. Recommend to all.

Very beautiful and vivid pictures, light and delicious recipes and available ingredients. A well written easy explanation of Keto and how to start. A wide variety of fun recipes for 14 days. This is an excellent book with useful information for anyone who wants to lose weight in an effective and healthy way. I would recommend it to anyone to try.

Good little beginner book with great recipes! Recommend for any keto follower. Research before beginning this diet is essential and this is a great place to start.

Simple, easy and tasty. Enjoyed the straight forward approach to the diet. I learned a lot. This makes it easy. Very good and quality pictures, I am very pleased to buy this book. We have already tried three recipes, and they are amazing! Awesome book!

The book is very nice, the recipes are simple and accessible to everyone, I cook every day something new and tasty, I recommend for everyone, do not regret it.

I love this cookbook! It contains a large variety of recipes. The book is well formatted with beautiful pictures to all recipes. I'm very happy to find and buy this book! Recipes are delicious and really quick to prepare. Most of the recipes will take less than an hour to prepare. Your family members will absolutely request you to prepare these dishes again and again. If you want to learn some delicious diet recipes then this book will be very helpful for you. Highly recommended.

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