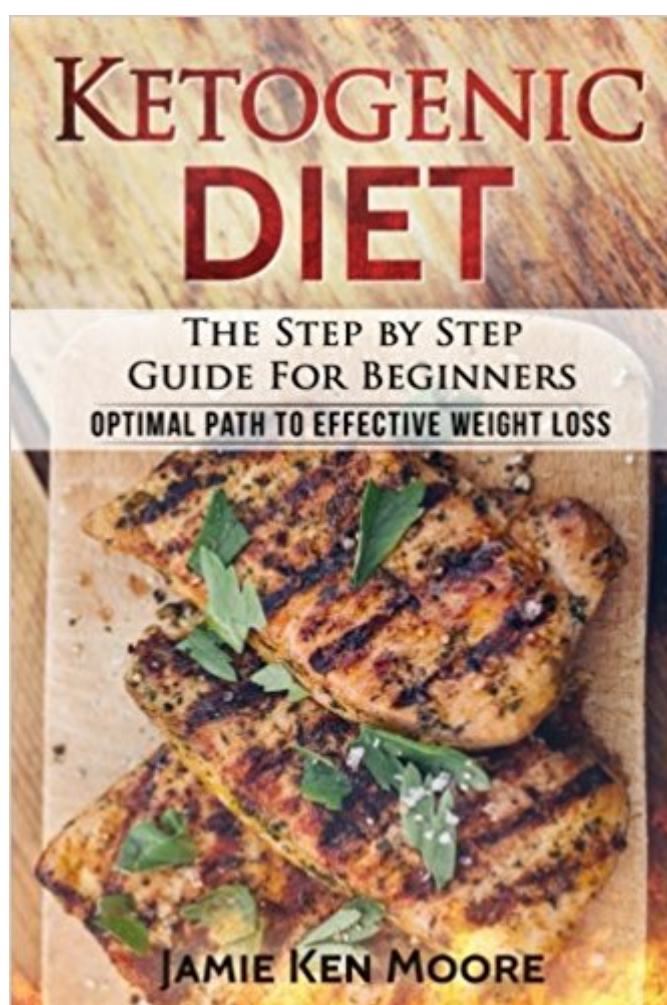


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# Ketogenic Diet : The Step By Step Guide For Beginners: Ketogenic Diet For Beginners : Optimal Path For Weight Loss



## Synopsis

Have you ever looked in the mirror and wondered if you could ever lose those fats and get yourself an awesome physique? How about being free of conditions like high blood pressure and less than ideal cholesterol levels to enjoy a wholesome, healthy and active life? If that sounds good, step up and get ready to dive into the world of the Ketogenic Diet! What Does The Ketogenic Diet Give You A healthy way to burn fat, and keep it off for real Experience weight loss within weeks that stays lost Freedom from Hunger and better appetite control Increased energy to go about your daily routines Improved cholesterol readings Reduction in blood sugar and blood pressure Eat savoury foods that you crave while losing weight! And Much More! Wanting To Start The Ketogenic Diet But Not Sure How? This guide serves to do just that, giving you a structured program on how to begin the ketogenic diet. You will also be shown the various other benefits of the ketogenic diet, as well as actionable information that will pave the road for you to enjoy long lasting weight loss, inches of reduction in overall body measurements and an improved mood. In this book Ketogenic Diet: The Step by Step Guide, you will get for yourself An easy system that shows step by step on how to go ketogenic Ketogenic friendly grocery shopping list Meal recipes that breakdown calories, carbs, proteins and fat content! A quickstart Meal Plan for you to get chugging along The detailed know-how on why you want to go Ketogenic Knowledge on what to expect along the ketogenic journey Weight loss principles and the impact of the ketogenic diet A special list of foods that demands your attention for ketogenic success! And Much, Much More inside! If you have been on the same route as me, trying all sorts of diets known on earth, popping expensive weight loss pills and spending loads on exercise machines but end up finding that the weight keeps coming back, then it is time for you to start the Ketogenic Diet! To Sum It All Up The Ketogenic Diet is not a cure all for every ill on the planet, but it can pretty much give you what you want if you are looking to lose weight effectively without much exercise, get your body's metabolism in shape to be rid of those unhealthy cardiovascular symptoms and dramatically bring up your energy levels for each day's work and play. Start today. Get your ketogenic journey off, tread the path to effective weight loss and wellness in health! Pick Up Your Copy Now! Click On The BUY NOW Button At The Top Of The Page!

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## Customer Reviews

"Easy to follow Ketogenic Diet book that left me raring to go on this diet with all its benefits! This book leaves no stone unturned in terms of the nitty gritty details on how to make the ketogenic diet work for you." - [Muttons and Buttons](#)"What a blast! Everything there is to know on the ketogenic diet if you are just starting out, with also a few more tips and tricks thrown in if you are already a seasoned journeyman on the ketogenic diet." - The Keto Scientist

Jamie Moore has always been fascinated by food and what it can do for the human body since young, so much so that he ended up putting on so much weight that the doctors' advice at one point was for him to be wheel chair bound because any physical activity was deemed too strenuous for him. Yes, even walking! Things came to a head after one particularly bad hospital episode and that triggered the process to finally shed the unwanted pounds. It wasn't an easy road. Despite going on varying diets, weight loss regimes and spending on the latest exercise gear, the results just weren't manifesting itself. It wasn't until Jamie chanced upon the ketogenic diet that things got turned around for the better. Enthralled with what he had found and his own positive experiences with the diet for weight loss, Jamie took up distance learning courses to get accreditation on dieting and nutrition in order to further understand more about the ketogenic diet. That was ten years ago. These days, Jamie does forty laps in the pool with regular gym sessions thrown in for good measure. He does not term himself as a health geek, but most of his friends beg to differ! They come to him for anything on diet, nutrition and exercise. That was also part of the reason why Jamie took to penning down what he knew into books which he hopes would be of help to people.

Ketogenic diet is well explained. The book also shows how this kind of diet works. It discusses the benefits that this diet could give. And it provides a step by step guide how to do it effectively. It also provides recipes that are very easy to prepare and very delicious. I would definitely recommend this book not only for those who want to loss weight but for anyone who wants a healthy life.

Lots of information in this book, Love the recipes that I've made so far, will be making more easy to follow guide. This seems like it is going to be a much easier diet to follow than most. It allows me to have dark chocolate of course in small dose but still not depriving me of my chocolate is a good thing. If you want to try a new diet I would say pick this one.. the recipes are very tasty and the author doesn't sound like a dr. he breaks it down for you. Will be using more of these recipes I've posted a picture below of my favorite so far. Give it a try even if you find one or two recipes it makes this book worth its cost! The only thing that I think that would make this better would be pictures for some of the recipes but other than that I have no complaints!

This is a great step by step ketogenic diet explaining all the dos and don't of this very well known diet. It has several recipes also to use. The print is also big enough to see so you're not squinting to read. It explains to first contact your doctor before you start it, my niece just told me her doctor told her to go on it! So it looks like we're going on it together! My ordest sister had went on it to avoid being put on meds and lost several pounds.

This book is great it has recipes is shows you what you could eat it's easy to understand and read. It's nice print not to small. If your trying to lose a few pounds this is a great book to help you understand more about the ketogenic diet.

Book cover is really attractive that is the reason I get this book on the recommendation of my friend to serve delicious recipes to my family. These recipes are delicious and my love one also like it so I am very happy to get this book thanks.

I like this one and the recipes are healthy and tasty, and its not that difficult to make. I feel much healthier now and I have more energy than I used to have thx.

Informative with some good tips

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