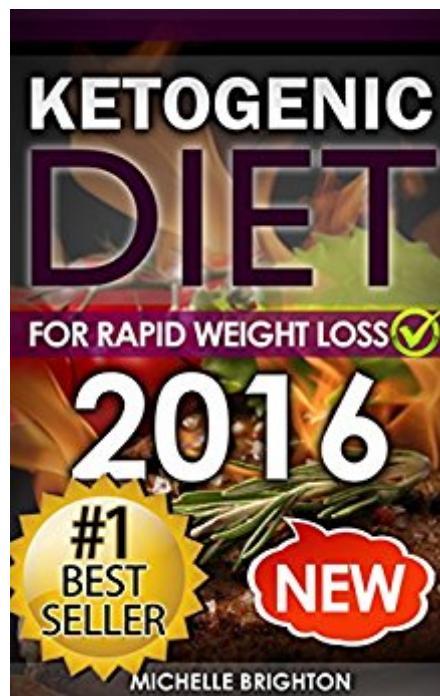


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# Ketogenic Diet: For Rapid Weight Loss: Recipes And Mistakes To Avoid



## Synopsis

Lose weight where it counts - without starving yourself!\*\*\*SPECIAL OFFER!!!\*\*\* LIMITED TIME OFFER 40% OFF (Regular Price \$4.99)Are you sick of fad diets? Overweight, or just want to live a healthier lifestyle? For many people, losing weight while maintaining a normal lifestyle seems like an impossible dream. We all know that what we eat is most of the battle, but how do we win that battle?We have the answer. You need to try it. No more excuses! In this book the critically acclaimed wellbeing coach Michelle Brighton will share with you her secrets on how to slim down and feel fab.This book will provide you with the following key resources:The MUST KNOW fundamentals and elements of how to implement the ketogenic dietHow to determine if the ketogenic diet is safe for you How to make a clean break and stick with itOur exclusive cheat sheets on common mistakes (and how to avoid them!)Delicious variety of recipes for all situationsand much much moreâ|.Donâ™t keep making excuses. Donâ™t wait until Monday. Give yourself the gift of looking and feeling great right now!\*\*\*SPECIAL OFFER!!!\*\*\* LIMITED TIME OFFER 40% OFF (Regular Price \$4.99) This #1 Best Selling Critically Acclaimed Book is now available Globally on - Download it Now!

## Book Information

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## Customer Reviews

Honestly this is a very small book with very large font...and it includes 5 recipes for pancakes/waffles... out of 42 recipes. The information in the beginning of the book is very confusing. Under foods not to eat it included, bananas, cocoa and Splenda... but these are included in some of the recipes. Since this was my first book about this subject, I guess I was looking for more complete information and not quite so vague. If I could get my money back, I would.

I know that a ketogenic diet calls for eliminating all but non-starchy vegetable carbohydrates, and replacing them with healthy fats and high-quality protein. I learned from this book that this type of diet restricts all but non-starchy vegetable carbs and replace them with low to moderate amounts of high-quality protein and high amounts of beneficial fat. It's a diet that will help optimize our weight and all chronic degenerative disease. Eating this way will also help us convert from carb burning mode to fat burning. According to this book by Michelle, it can even help us rapidly lose weight. What I also love about this book are the delicious yet healthy recipes. The author did great on explaining everything here, from the tips and strategies on starting this diet, to the recipes. Everything was well-written and explained. Definitely recommended book to those looking for some useful book to understand and appreciate ketogenic diet.

This is an incredible aide on the ketogenic eating routine and how it can offer you some assistance with losing weight. I took in huge amounts of awesome data from this book can offer me some assistance with maintaining a sound diet. The book gives you test supper arranges alongside calorie, fat and carb checks. It is an extraordinary book for the tenderfoot since it clarifies the entire thing and gives you the data in basic dialect that anybody can get it. This digital book is intended to give a functional and improved manual for the ketogenic diet in straightforward dialect that will encourage an effective begin. I additionally welcome the book's exceptionally liberal thought regarding the best approach to figure out whether this eating routine is decent for you or not.

long intro, few recipes & no new info...sad to say, i wish i had passed on this book. there was a formula offered to calculate daily caloric intake - helpful, but could / should have included examples, as math was not clear (missing rules of math, such as parentheses). as a matter of fact, a few individual "actual" examples of average age/weight/height/gender folks would have served the reader well, especially getting started on such a new diet venture. maybe these could be added as an appendix later to enhance the book & the reader's experience.

Do not waste your money on this book. It is presented as a keto coconut diet book. My understanding is that keto is very low carb. Most of the recipes have grains as the main ingredient. Not very useful to me unless I want to substitute coconut flour for most recipes. Not what I was expecting.

If I could get a refund I would. I've read the same information in other more comprehensive books about the keto diet. The others were cheaper as well. The recipes are duplicates of many that you can find online for free and do not include any nutritional information which is essential to anyone starting out on the keto diet.

A lot of contradictory information and a lot of "we'll discuss that later" that's never mentioned again. This appears to be a rush job to capitalize on the ketogenic trend. Don't waste your money, this book doesn't cover anything that you can't find easily on the internet.

This e-book is designed to provide a practical and simplified guide to the ketogenic diet in easy-to-understand language that will facilitate a successful start. The book is organized into various chapters which provides a foundation of information to aid in understanding the basics of the ketogenic diet, how to get into ketosis and how to maintain it, tips and tricks to help you along the way and contains a treasure of ketogenic recipes for lunch breakfast and dinner.

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