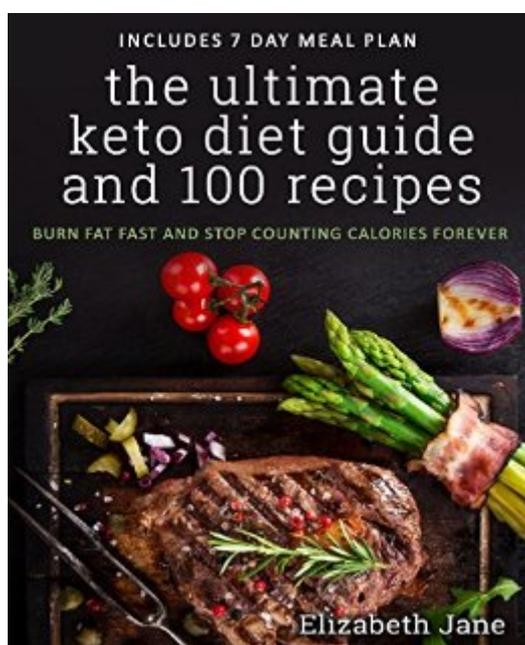


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# Ketogenic: The Ultimate Keto Diet Guide & 100 Recipes: Bonus 7 Day Meal Planner - Burn Fat Fast & Stop Counting Calories Forever (Ketogenic Diet Cookbook)



## Synopsis

Do you want to burn fat or store fat? Do you want to use fat to fuel your body? Do you want to stop counting calories forever? You'll learn all this and more, all for the cost of your morning coffee! 50 Page Complete Guide to the Ketogenic Diet and 100 Delicious Recipes (all with detailed nutritional information). Includes bonus 7 Day Quick Start Guide & Meal Planner The Quick Start Guide and 7 Day Meal Planner means you can start today. Do you want to experience the benefits of the Ketogenic Diet (lose stubborn belly fat, reduced blood sugar levels, increased energy and mental focus) but are not sure where to start? Do you want a step-by-step Ketogenic Diet plan tailored to you? Would you like to master the Ketogenic Diet and learn how to never count calories again? Do you want a wide range of delicious and easy ketogenic recipes to choose from? You'll get all this and learn: Why most diets fail and how to keep on track. How you could be eating more carbs than you think and need. What food types to eat and what to avoid. How to use the 80% approach and never count calories again! Download now and discover the easy Ketogenic Diet and how it can help YOU with your health goals. Don't have a Kindle device? Just download the FREE Kindle Reader from .

## Book Information

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## Customer Reviews

Oh wow! 120 recipes. This was my initial reaction when I opened this book. I was a bit skeptical about its contents, is this just another Kindle Ketogenic Diet recipe book that only collects a number of recipes online? First and foremost, the book started out with a detailed explanation of what a Ketogenic Diet is about. This is a great way to introduce the diet to people who want to try it, I'm glad this book made sure that the readers will gain a better understanding of what they are getting themselves into; from the benefits, what to expect, to which foods to eat and avoid. I've learned so much about the right calorie intake I should take each day in order for this diet to work at its full potential. For the recipes, the book contains a wide variety of foods to choose from. Complete with meat, vegetarian, seafood, breakfast, side dishes and even desserts. What I like about this book is that each recipe contains nutritional facts per serving and not all recipe books have this!. It's really helpful so I can calculate and be aware of how much food intake I am getting daily. I have already tried the Spicy Tuna and Quinoa Salad, Chicken Gumbo and Sesame Chicken with Broccoli. This was my favorite, I decide to post a picture of it (except I had no sesame seeds to hand at the time.. turned out ok though). I enjoyed all these recipes and can't wait to try the others too!

Like all diet books, this book promises effective weight loss - if committed to following religiously. First, this book is informative. It laid out the basics of Ketogenic Diet and discussed the things you need to know before starting. If you are a beginner, then this will suit you well. And the 100 recipes included in this book lessen the burden of preparing a ketogenic-fit meal on your own. That's a lot of recipes to choose from. The ingredients are fairly easy to find at the grocery store or at the local market. Recipes are easy-to-prepare, and the procedures easy-to-follow. What I personally like about this book is that it depends on the amount of time you can allot for cooking, the recipes included prep and cooking time. It also includes the number of servings per meal. So you can choose from a vast number of recipes based upon your time allocation and the size of your family. Since we are talking about "diet" the book has Nutritional Facts added at the end of every recipe. So you'll know how much you are taking in.

I was looking for a good ketogenic recipe book and that's why I purchased this book. This book has full feature of explaining what Ketogenic are all about and what can it do to our health and its

benefits. This book is more than just a recipe book; it also breaks down the different types of food from proteins to vegetable, to dairy and spices. This book describes 120 delicious recipes. All the recipes I have tried so far have turned out amazing and my family is really impressed with them. This is definitely my top recipe book. This book is highly recommended. Thanks.

As an avid cook, baker, grill expert and the one usually in charge of my family's meals, books like these are invaluable for me. Especially when I want to slim down. I notice when the author takes the extra time to add detailed descriptions of what you're working with, nutritional information, and other little extras to add to the value of it. I would recommend this to anyone who wants to explore the variety of Ketogenic recipes!

When first buying this book I was a bit skeptical as there were 120 recipes, but buying a book with that much variation provides something you can find hard to get bored with. Elizabeth provides great tips and information in an easy to read format, I haven't gone through all the diets but after flicking through they will be ones I'm looking forward to trying.

I have heard about Ketogenic so many times and I even have purchased several Ketogenic recipe book as I am too eager to reduce weight. This recipe book is definitely something that would help me decide what to prepare everyday not only for me as well for my family. Another thing I like about this book is it gives me an idea of what to eat and what to avoid. Of course a recipe book is helpful but when you are out of the house the easiest and fastest food to grab are always unhealthy. And the newest thing I have learned about keto which is not on the other books I purchased is the idea between a diet by rules or diet by principle and why most diet fails. A very good book of information about keto aside from it's recipe content.

This has to be the most in-depth, step-by-step by step guide to the keto diet that I have come across. This book covers everything from what ingredients, to recipes to measuring the progress, how to commence the keto diet and so much more. A high fat, medium protein, low carb diet was originally prescribed to treat epilepsy hundreds of years ago. The theory of the keto diet is that it forces the body to burn fat as opposed to energy. Perhaps what I like most about the keto diet is that he keto doesn't leave the participant starving, which will lead to a spike of sugar cravings somewhere down the road. Weight loss and dieting are topics that many struggle with. The keto diet is not completely different, but this book does a good job explaining step by step what the keto is all

about. I definitely agree with the consumption of fats. Many confuse the idea of taking fats leads to body fat. Not true at all. I recommend this read to anyone interested in the keto and keto diet recipes.

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