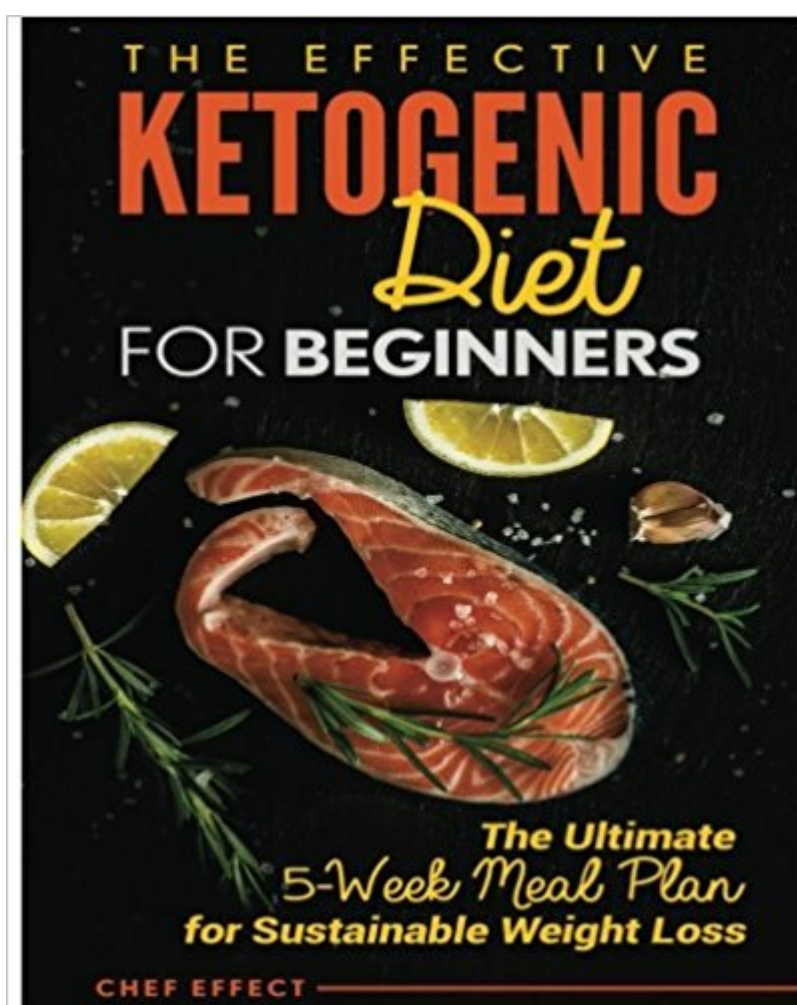


The book was found

The Effective Ketogenic Diet For Beginners: The Ultimate 5-Week Meal Plan For Sustainable Weight Loss



Synopsis

The Effective Ketogenic Diet for Beginners The ketogenic diet offers this premise: eat 60-90% of your calories from fat, adapt to metabolizing fat quickly as energy, gain better appetite control and regulation, and lose weight as your body easily burns fat stores. It sounds like the complete opposite of everything weâ™ve been told about weight loss for the past few decades, but strong research backs up the science behind the ketogenic diet. As you replace most of the carbohydrates in your diet with fat, major physiological changes occur that make it easier for many people to lose weight. In most cases, they also see lower blood pressure and cholesterol and other health benefits! This book is a complete guide to beginning the ketogenic diet. It will teach you about:Â Ketogenic DietÂ Who Should Follow the Ketogenic DietÂ KetosisÂ What to EatÂ How to Begin the Ketogenic DietÂ Possible Side EffectsÂ 5-week Meal PlanÂ Over 90 Delicious and Healthy Recipes Some of the recipes include:Â Chocolate Hazelnut SmoothieÂ Golden Coconut SmoothieÂ Anti-Inflammatory Spice SmoothieÂ Coconut Almond Porridge Â Peanut SauceÂ Scrambled Eggs with Mushrooms and BrieÂ Salmon Salad with Rich Balsamic DressingÂ Creamy Spinach SoupÂ Steak Salad with Blue Cheese DressingÂ Chilled Summer Soup with Asiago CroutonsÂ Turkey Burgers with SageÂ Chicken Stir Fry with Peanut SauceÂ Baked Arctic Char with Sour Cream and ChivesÂ Beef ChiliÂ Keto Irish Beef StewÂ Salami Cheese Roll-upsÂ Kale Chips Get your copy and start your Ketogenic Diet Journey today! See You on the Effective Side! -Chef Effect

Book Information

Paperback: 128 pages

Publisher: CreateSpace Independent Publishing Platform (April 4, 2017)

Language: English

ISBN-10: 1545242577

ISBN-13: 978-1545242575

Product Dimensions: 8 x 0.3 x 10 inches

Shipping Weight: 12.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 8 customer reviews

Best Sellers Rank: #114,248 in Books (See Top 100 in Books) #92 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic

Customer Reviews

I've read many books about keto diet and although this one has lots of information, it disagrees with

lots of other book. So I don't know who's right. It contains lots of useful recipes at the end.

Easy recipes!

Five week plan is varied and well put together This is worth the read. There is a concise short explanation of the keto diet also.

Half of the book are theory behind keto and how it works, half are receipts. Big plus is that all receipts include carbs count, measures and servings, and that they are sorted by meal types. There are a lot of breakfast options and smoothies, but also solutions for easy and take-to-work meals. No special or pricey ingredients required. Recommend reading.

This book is split into 5 parts. 1- explains what ketogenic diet is. 2- what you should eat for ketogenic diet. 3- how to begin the diet 4- comes with the 5week meal plan. 5- recipes, endless recipes. In my opinion this is one of the best ketogenic diet books out there. It has straight forward instructions for both the plan and recipes.

I've always wanted to give the Keto Diet a try but didn't know where to start. Luckily, I found this book and it gave me the push I needed. It's packed with a lot of great info and the meal plan and recipes are easy to follow. Looking forward to the results!

Love the recipes in this book. Tried some of them and they were very tasty too!! Happy with this purchase.

This is exactly what I needed to help me lose a few pounds before summer. Very clear and straightforward, and i love the recipes.

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