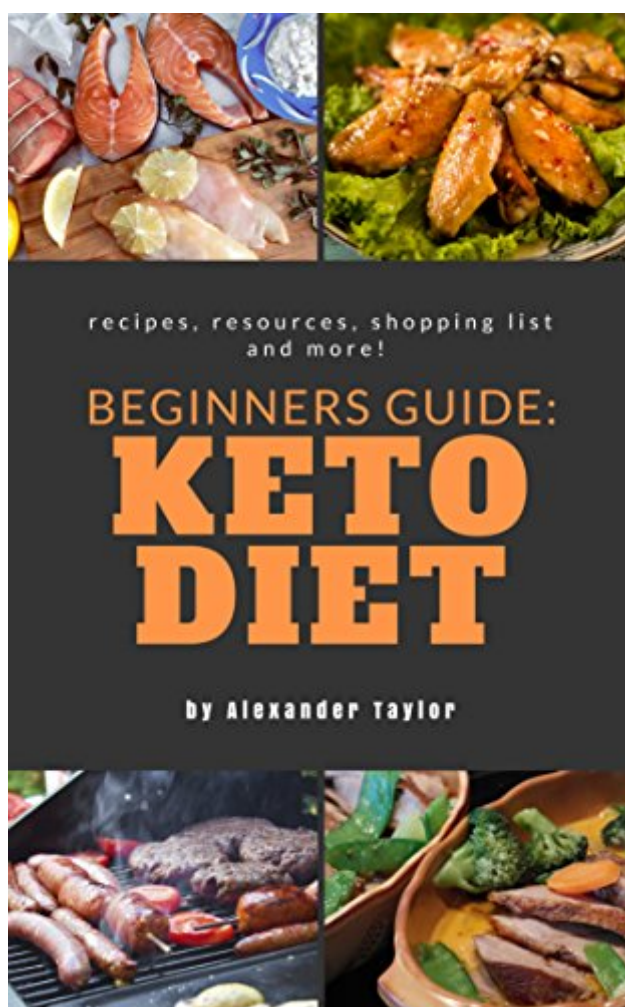


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# The Keto Diet Kickstart Program: A No-nonsense Guide To The Ketogenic Diet, With Practical Advice, Recipes, And Keto-friendly Shopping List





## Synopsis

If you're new to the ketogenic diet - this book should be the first thing you buy! Keto diets (or ketogenic diets) work by restricting carbohydrate intake, forcing the body into a state of ketosis, where the body is forced to burn fat for fuel. Ketogenic diets have become popular - because they are possibly one of the most effective diets for cutting weight quickly and easily. If you want to lose weight fast - then the keto diet is most certainly the easiest, and most effective way to do it! This book will give you a beginners guide to what the ketogenic diet is, what exercise you should (and should not) do on the ketogenic diet, and what foods to eat. The Keto Diet Kickstart Program also includes tasty low-carb and keto friendly recipes (as well as practical nutritional advice) to help you get started with the ketogenic diet. This is the complete beginners guide to ketogenic dieting, and is your first step toward losing weight, and keeping it off!

## Book Information

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## Customer Reviews

Very basic. Would like more information as a beginner. Should be free or \$.99. The history was the best part of the book. It was a super easy read though!

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