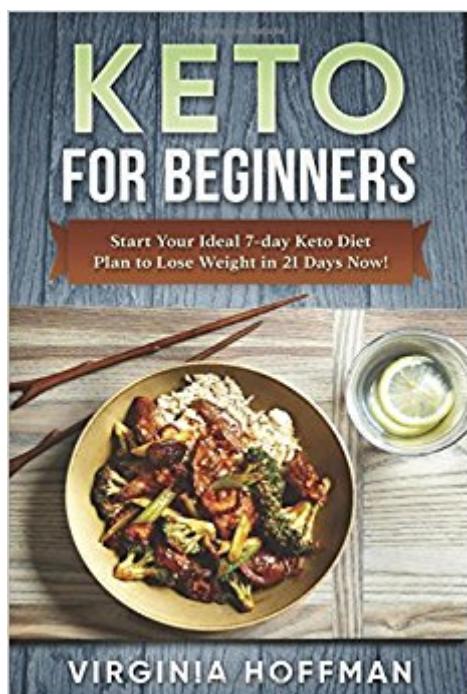


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# Keto: For Beginners: Start Your Ideal 7-day Keto Diet Plan To Lose Weight In 21 Days Now!



## Synopsis

Are You Ready To Lose Weight with The Keto Diet Easily? Did you know you can lose weight when you eat fat instead of carbs? If that sounds crazy, then you probably have not heard about the Ketogenic Diet yet. This might sound like another fad, but the truth is this diet is over 80 years old and is proven to be highly effective! In this book, you will learn the basic rules of the Ketogenic Diet, find answers to commonly asked questions about it, and most importantly, gain access to 7-day meal plans and fifty easy, delicious, and nutritious Keto-friendly recipes. Now, if you are reading this because you want to know what the Ketogenic Diet is, or that you have already heard about it and would like to know how to begin. This book will explain to you the steps on both. The first chapter is all about what the Ketogenic diet is and what its basic rules are. It is explained in simpler terms and it provides you with the right foundational knowledge to help you do further research on your own. The second chapter will share with you not one, but four 7-day meal plans to help you get started on the diet within the first 21 to 28 days. As you know, it takes an average of 21 days to start a new habit so these meal plans will make it much easier for you. The third chapter is dedicated to the frequently asked questions about the Ketogenic Diet which are of course followed by their answers â€“ again in simple, laymanâ€™s terms. Chapters four through eight are all filled with a total of fifty Ketogenic Diet recipes that are incorporated in the meal plans found in the second chapter. You will find recipes for Breakfast, Lunch, Snacks, Dinner, and even Desserts. Everything is practically âœœspoon-fedâœ to you, so to speak, in order to make your transition from a traditional, probably not so healthy, diet to the fat-burning, energy surging Ketogenic Diet. You must also be prepared to commit to the rules of the diet, and this includes completely eliminating carbohydrate-rich foods such as sugar and grains, both of which are highly common in the traditional Western diet. Hereâ€™s What Youâ€™ll Learn From This Keto For Beginners Book: âœœIntroduction âœœ Chapter 1: The Ketogenic Diet âœœ Chapter 2: The ideal 7-Day Keto Diet Plan âœœ Chapter 3: Frequently Asked questions âœœ Chapter 4: Keto Breakfast Recipes âœœ Chapter 5: Keto Lunch Recipes âœœ Chapter 6: Keto Snack Recipes âœœ Chapter 7: Keto Dinner Recipes âœœ Chapter 8: Keto Dessert Recipes What Are You Waiting For? Start Losing Weight with Keto Right Now!

## Book Information

Paperback: 141 pages

Publisher: Independently published (May 25, 2017)

Language: English

ISBN-10: 1521359164

ISBN-13: 978-1521359167

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 34 customer reviews

Best Sellers Rank: #102,188 in Books (See Top 100 in Books) #35 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #253 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate #289 in Books > Cookbooks, Food & Wine > Special Diet > Paleo

## **Customer Reviews**

fabulous recipe and it is easy to follow. this book was perfectly helps to all those who want in diet but they dont know how to diet. it helps of this recipe you will perfectly fit in such in easy way by eating this kind of recipe. highly recommended...

I was considering this book because it focuses on the strong foundation of the ketogenic diet, that grant confidence to have a healthy lifestyle. This book explains also the step by step on learning ketogenic diet recipes that incorporated in the meal plans. Can't wait to start this challenge. Challenge to have a healthy life style.

Very helpful for all us Keto dieters and easy to understand. Looks like it has many tasty recipes. Looking forward to trying them. The book doesn't get to involved into the diet, basic information which is nice.

This book is extraordinary for amateurs! We have attempted a few formulas and they are extraordinary. nothing insane to purchase. Very suggest!

Info is good but recipes could be formatted a little better.

Not what I thought by advertisement

This book has been valuable in my search for a keto plan, love the recipies

Straight to the point and simple. I had more questions but it was clear and easy to read. Recipes

look fun to try!

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