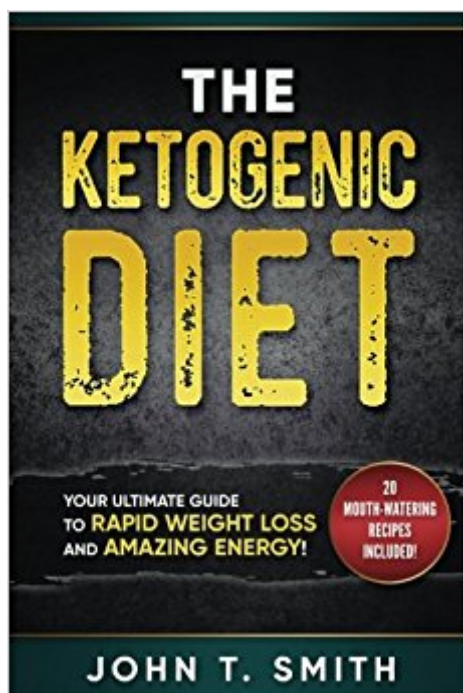


The book was found

# **Ketogenic Diet: The Ketogenic Diet For Weight Loss: Your Ultimate Guide For Rapid Weight Loss And Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1)**



## Synopsis

Use the KETO power to get rid of the extra pounds and Have AMAZING ENERGY today!~ ~ This book contains proven steps and strategies on how to embark on a dietary journey that is guaranteed to revolutionize your health. In here you will discover actionable and practical information on how to lose fat and improve energy levels. If you have been on other types of diets before and have struggled to shed those pounds or even boost your energy levels, the Ketogenic diet will help you immensely. So what is a Ketogenic diet? It is simply a diet where a person consumes foods that provide them with more fat, and very few carbs and proteins. In a Ketogenic diet, you get up to 90% of your calories in form of fats, with the rest being split between the other two macronutrients. The Ketogenic diet is aimed at causing a shift in the body's utilization away from glucose to fats. In other words, you are causing your body to burn fats rather than what it is normally used to - sugars. During this process, your liver produces substances known as ketone bodies. A Ketogenic diet is very restrictive in terms of how many carbohydrates you are allowed to consume on a daily basis. This level is usually restricted to about 50 to 100 grams of carbs every day. Carbohydrates have been identified as the cause of most of our society's dietary health issues. This is especially true for processed carbohydrates, which can be addictive and unhealthy. The truth is that most people aren't even aware that all those processed carbs they are eating are making them fat. All the exercise in the world won't help you lose weight if you are still consuming large quantities of foods laden with processed carbs. That is why the Ketogenic diet is specifically focused on minimizing the carbohydrate intake. The quantity of fats and proteins you consume may vary somewhat, but what eventually makes a particular diet Ketogenic is the quantity of carbohydrates it contains. This may seem difficult for some people but it is precisely this measure that makes the Ketogenic diet so effective. Your body simply adapts to the new way of energy production with time. Many people have discovered that the Ketogenic diet is able to help them burn fat and increase their energy levels in ways that other diets had failed to achieve. If you have never heard of or tried the Ketogenic diet, then this book will unravel it all in a simple and clear manner. If you already know something about this diet, then this book will still benefit you by going deeper into some of the details that are often left out in other books. You will learn the brief history of the Ketogenic diet, discover what ketone bodies and ketosis really means, and how ketogenesis impacts your body. There are also some great recipes that you can sample in chapter 4. In chapter 5 we discuss about the basic principles of ketogenic diet and we share some important points about the daily routine and food shopping. Finally, we wrap up with some of the misconceptions and mistakes you need to avoid. I hope you enjoy the book!

## Book Information

Series: Ketogenic Diet, Atkins Diet, Ketogenic Diet for Beginners, Intermittent Fasting

Paperback: 78 pages

Publisher: CreateSpace Independent Publishing Platform (June 20, 2017)

Language: English

ISBN-10: 1548242950

ISBN-13: 978-1548242954

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.9 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 18 customer reviews

Best Sellers Rank: #755,506 in Books (See Top 100 in Books) #93 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet](#) #390 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic](#) #3646 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## Customer Reviews

The main purpose of writing this book was to provide accurate information without repeating the same thing again and again. One thing that I had in my mind while writing this book was to make it short and simple so that everyone can get value from it. The book also provides more than 25 Delicious recipes that are easy to cook. I have also included some practical tips and tricks that will help you in following this on a daily basis. Misconceptions and mistakes that you need to avoid are also included in the book. Overall, I think the book is a complete package and it will revolutionize your health and you will be able to achieve the body that you deserve!

This book contains proven steps and strategies on how to embark on a dietary journey that is guaranteed to revolutionize your health. In here you will discover actionable and practical information on how to lose fat and improve energy levels. If you have been on other types of diets before and have struggled to shed those pounds or even boost your energy levels, the Ketogenic diet will help you immensely. If you have never heard of or tried the Ketogenic diet, then this book will unravel it all in a simple and clear manner. If you already know something about this diet, then this book will still benefit you by going deeper into some of the details that are often left out in other books. You will learn the brief history of the Ketogenic diet, discover what ketone bodies

and ketosis really means, and how ketogenesis impacts your body. There are also some great recipes that you can sample in chapter 4. In chapter 5 we discuss the basic principles of ketogenic diet and we share some important points about the daily routine and food shopping. Finally, we wrap up with some of the misconceptions and mistakes you need to avoid.

This book is very informative. It explains the Ketogenic Diet in detail. I highly recommend this book to all those interested in embarking on this lifestyle.

Print off the internet, not worth it. It has a million typos it was copied from another book

Muchas gracias

Helpful book for the keto diet

The author explained Ketogenic diet in a simple but detailed way of the history, advantages, and impact on your body. The recipes are good too of tasty and healthy, easy to cook.

This book does a great job explaining the history of the keto diet and the health benefits. The addition of recipes is also a plus.

Sales book. No real info

of the book is not very good. The author is not a professional writer.

[Download to continue reading...](#)

Intermittent Fasting: The Ultimate Intermittent Fasting Guide for Healthy and Quick Weight Loss (Intermittent Fasting Plan, Intermittent Fasting for Women, Weight Loss, Burn Fat, Intermittent Eating) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Intermittent Fasting: Burn Fat Incredibly Fast, Gain Muscle and Live Longer With Intermittent Fasting (Intermittent fasting, Fasting diet, Intermittent Fasting For Beginners) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide for Rapid Weight Loss and Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1) Fasting:

Intermittent Fasting - The Secret To Losing Weight Fast, Permanently And Feeling Wonderful  
(Intermittent Fasting For Weight Loss, Intermittent Fasting For Women, 5 2 Diet) Ketogenic Diet  
With Intermittent Fasting For Rapid Weight Loss: Bundle: 3 Books in 1: 100+ Delicious Low-Carb  
Recipes For Amazing Energy (Intermittent Fasting Bundle, atkins diet) Intermittent Fasting: How to  
Unlock the Benefits of Intermittent Fasting to Achieve Weight Loss, Build Muscle, and Live a Longer  
and Healthier Life (Intermittent ... for Women, Intermittent Fasting for Men) Intermittent Fasting:  
Made Simple - How to Build Muscle and Burn Fat Faster with Less Effort using Intermittent Fasting  
(BONUS: 11 Little Known Weight ... 2 Diet, Fasting, Intermittent Fasting Diet) Intermittent Fasting: 7  
Beginner's Intermittent Fasting Methods for Women & Men - Weight loss and Build Lean  
Muscle Hacks (Intermittent Fasting, Fasting Methods, Build Lean Muscle Book 1) ATKINS DIET:  
Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss  
Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss ATKINS: Atkins Diet  
Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the  
Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Ketogenic Diet:  
The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing  
Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1) The Atkins Diet  
Head Start: The trusted guide to to healthy atkins foods and tasty aktins meal plans for your weight  
loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) Ketogenic Diet: Aim for  
Low Carb Guide Rapid Weight Loss: 40 Keto Recipes w/ Images & Bonus Meal Plan(Ketogenic  
Diet, Paleo, Intermittent Fasting, Atkins ... Vegan Diet, Anti Inflammatory,Dash Diet) Ketogenic Diet:  
Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic  
Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Atkins Diet: Dr  
Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb  
Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Intermittent Fasting  
Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean and Look Phenomenal!  
(Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Ketogenic Diet:  
Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight  
Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet)  
Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass,  
Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight  
loss, lean body.) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your  
Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ...  
Diet,diabetes,reverse type 2,atkins)

Contact Us

DMCA

Privacy

FAQ & Help