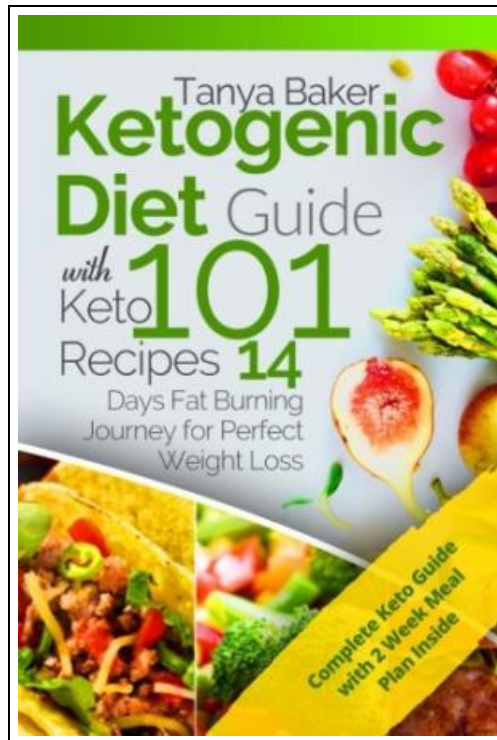


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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.BEST KETOGENIC DIET GUIDE FOR BEGINNERS AND PROS Do you like an idea of weight loss eating bacon and different meat-based high-fat meals? Yes, it s real if you re in ketogenic diet! The ketogenic diet has become very popular nowadays. Its principle is based on the minimum carbohydrates intake and a large fat intake per day. Thanks to this diet your body will constantly be in the stage of ketosis. This is a natural process when the body digests food much more slowly than it usually does. A similar state of the body experiences in the survival mode. The primary purpose of a ketogenic weight loss program is to convert your body into a fats-burning device. Such a weight loss program is loaded with benefits and is particularly endorsed through nutritional experts for the subsequent quit outcomes: Weight reduction Blood sugar Cholesterol Energy In other words, a ketogenic diet is low-carb, high-fat and moderate protein intake which causes the body to burn its own fat to generate energy for everyday life. When you re in the ketogenic diet maximum limit of carbohydrates is not more than 50 grams per day. To help you get all benefits from Ketogenic Diet we designed a Cookbook where: You will find Hystory of Ketogenic Learn Types of Ketogenic Diets Get most valuable breakfast, side, meat, poultry, soup, snack, and dessert recipes You will enrich your life with healthy meals Your cooking level will increase You will lose your weight Under the cover of this book you ll find: 101 valuable high-fat breakfast, lunch, dinner, and other recipes 14-day meal plan with complete diet guide Most delicious salad recipes Preparation cooking time Useful tips and keto...

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