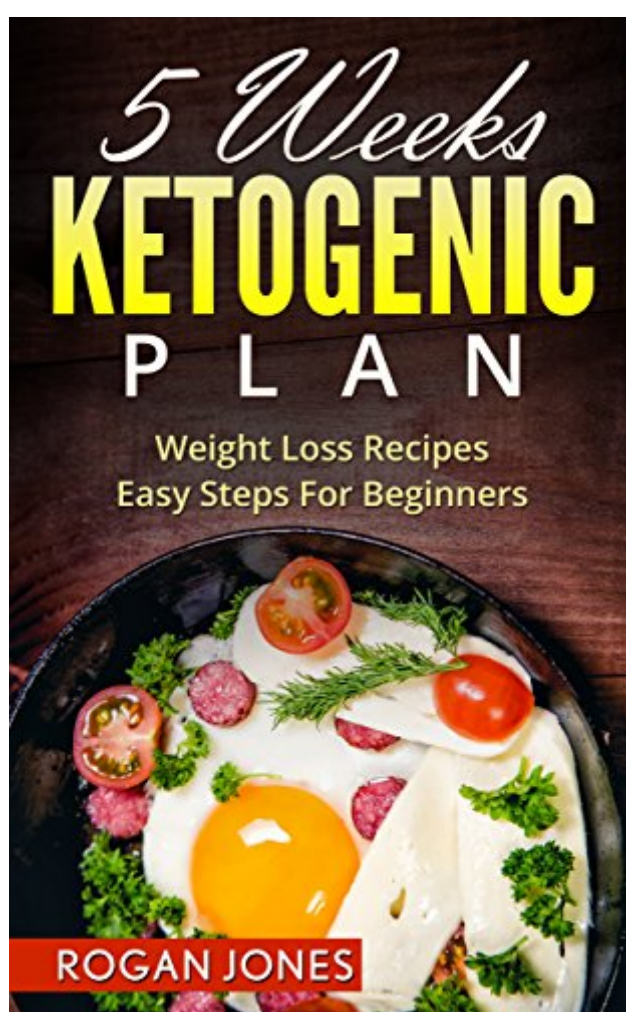


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# Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For Beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide)



## Synopsis

Learn How To Make An Effective Ketogenic Plan To Help You Lose Weight! Benefits: Improving Your Health And Wellness, Weight Loss And Much More This book has an effective ketogenic diet plan to help you lose weight. The ketogenic diet was designed in 1928 by Dr. Russell Wilder, a physician from the renowned Mayo Clinic, with the primary intention of creating a food based cure for epilepsy. It was highly successful at first, but was later discarded with the inception of anti-seizure drugs in the 1940s. Still, studies show that ketogenic diets are an effective way to combat seizures when medication is no longer an option. The principle behind this diet is to simply restrict carbohydrate intake, and control glucose concentration in your blood. Normally, our bodies use carbohydrates to cater for their energy needs. The carbohydrates are then converted into glucose, and then oxidized in the body's cells to provide energy for its functions. In the event that your body has low carbohydrate levels, it will be necessary to find other sources of energy, resulting in the burning of fat for energy in a process called "ketosis". During ketosis, fats are broken down in the liver into fatty acids and ketone bodies. The ketone bodies are then oxidized to provide energy, replacing carbohydrates as the main energy source. The Ketogenic diet does not just address epilepsy; it is a very effective way of forcing the body to use stored fat to power its daily activities. This book will try to explain how the keto diet works, what happens to your body during ketosis, recipes for ketosis friendly foods, and a sample meal plan to get you started. If you are looking to lose weight, then this book has got you covered. Get this on for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, Smart Phone, Tablet or Kindle Device. Preview Of What You'll Learn... Getting Into Ketosis What To Eat On A Ketogenic Diet What To Avoid Fats And Oils Cholesterol and Fats 5 Week Sample Meal Plan Sample Recipes Much, much more! Download your copy today! Don't hesitate take action today and download this book for only \$2.99! Tags: Ketogenic, Ketogenic Diet, Ketogenic Plan, Weight Loss, Healthy Body, Health, Fitness...

## Book Information

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## Customer Reviews

This "book" is something like 40 pages top with the cover. I read all sorts of positive reviews about it and the menu and recipes. It says it's a five week plan but it doesn't have the full 5 weeks worth of meals, it doesn't give all the portion sizes for foods mentioned. And it calls for these wonderful sounding meals, but does not provide the required recipes. Sure I don't need a recipe for eggs, but one for the Parmesan crusted pork chops would be very helpful. It does have the basic dos and don'ts and a short list of approved foods, but other than that it is sorely lacking in both quantity and quality.

I have collection of ketogenic diet books. I was curious what is the information of this book. The cover photo tells that 5 weeks Ketogenic Plan. I see eggs. I like eggs. It explains how ketogenic work and it has recipes that easy to follow. It really for beginners. I will add this book on my collection of recipes. I found healthy information from this book, that I was interest the most. I want to live healthy. Highly recommended to the beginners.

This book contains a high-quality information on ketogenic diet. If you really want to know how to lose or maintain your weight and at the same time be healthy then you will get the right information from this book. The author gives detail information on what is ketogenic diet and what to eat and what to avoid in order to follow the ketogenic diet. Also, there is the information about the mistakes most people do while trying to weight loss and solutions to avoid it. Overall, quite a good book on the subject. Highly recommended for those who are looking for the healthy way to lose weight.

An Extreme weight loss book, which would help you to know the types of diet and food to be taken in, which will help to burn fats from our body and help us to loss excessive weight. The various

recipes which can be combined and taken in, are highlighted in this book. We can be able to control glucose concentration in the blood by learning the contents and diets which are needed for our body. All these various diets and how they are taken are shown in this book which also helps to keep our body healthy and strong.

I thought this was a really excellent book on the Ketogenic Diet, and what I really liked most was the plan! I think it is laid out really well and is super easy to follow. I admittedly am not very organized and tend to look at some recipe books and flounder about a bit, but I really like that this one tells you specifically what to do and how to do it and when. I've already started working on the plan and feel really great, energized and healthier already! Highly recommended!

Explains how a Ketogenic diet works and why it is a good alternative to those traditional diet options. There is also a list of how ketosis takes effect in our body and how to deal with each symptoms. I personally like the idea of this diet, not only because you can eat normal foods but it simply different/challenging.

I have been trying to get into the keto diet, but I was having a hard time getting organized, now with the 5-week plan makes it a lot easier to follow without getting tired of the repetition of meals or overwhelmed with creating new meals. It also comes with easy to follow recipes that are delicious (the ones I tried so far ;)).

I like that this book is backed up with scientific studies. It is scientific but is easy to understand. It felt like I was reading a scientific journal. There were many references cited which increases its credibility and gains your trust. I learned a lot from a short book. This must be the most complete book about ketogenic diet. My questions about the diet was answered by the author. The myths I used to believe about the diet were straightened out. What made this book even better is that the information were presented in a non-biased way by the author. This one is a great book to start if you have any interest in ketogenic diet. Perfect for beginners. Everything you have to learn about the diet is all in here.

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