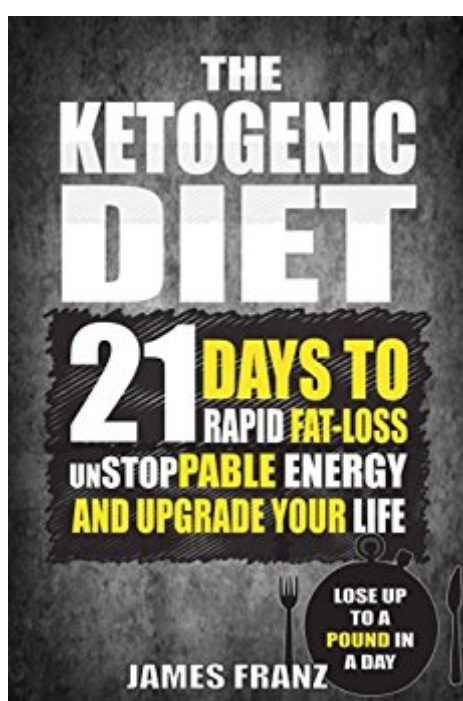


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# Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To A Pound A Day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED)



## Synopsis

Do you feel like you haven't been blessed with the best fat burning genetics? Does food seem to go straight to your problem areas like your belly, bum and thighs? Do you feel like you've tried every diet known to man but the weight keeps coming back? What if I told you that you could lose weight, feel better, look better, have more energy, reduce pain, boost your sex drive, prevent disease and best of all you'll still be able to still eat some of the foods you crave the most and still experience a slimmer body. In Ketogenic Diet that's exactly what you'll get. You will discover the exact science behind how we gain and lose weight as well as what absolutely needs to be done to attack that stubborn body fat; that until now has been so challenging to get rid of. The strategies in this book are so simple, so easy to implement and so powerful that it will probably sound so unbelievable when you first read about it. This weight destroying method will deliver you a total body changeover without any supplements, sweaty workouts or overpriced ineffective weight loss pills. It will work on people of any weight, any body shape and any body type. Are you ready to rapidly melt away chunks of fat from off your body and keep it off for good? I have poured everything that I know into this book, it simplifies everything that works to reverse the signs of aging naturally so that you can benefit from it as much as I do! Even in the next few weeks the results you will see in the mirror are going to be indisputable. You will likely wonder how this got past you all these years! I have designed this book to take anyone from absolute beginner to expert (and anywhere in between) so you can discover which foods to avoid and which to eat in plentiful supply to help properly nourish and support anti-aging, long lasting weight loss, an abundance of natural energy and an improved mood. What you get is powerful information that is easy to follow, pleasant to use and designed to give you maximum effectiveness in minimum time. What are some of the benefits you can expect when you follow this program? Younger looking skin, with less wrinkles, discoloration and acne. Rapid weight loss with NO exercise needed. Inches of reduction in body measurements overall. A better night's sleep, and easier time waking up. An increase in energy levels without the need for caffeine or stimulants. What will you discover inside? A new understanding of foods, and how they impact your fat loss and health. A complete Ketogenic Diet Shopping List to get you started with your 4 week action plan. No counting calories - we do all the hard work for you. Simple yet delicious Keto recipes - so you don't need to be a master chef. Essential Keto mistakes that you NEED to know for success. And much, much more. The Bottom line: If you truly want to look younger, feel youthful, dramatically boost your energy and become your best you can be, then read this book, otherwise you're sure to get sucked into some costly, potentially dangerous product that will do nothing more than frustrate you. What are you waiting for? Start today by making the smartest

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## **Book Information**

File Size: 2366 KB

Print Length: 76 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 10, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01IAAJKHA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

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## **Customer Reviews**

If you are looking for an easy book to start a ketogenic diet then I recommend you try this one. Especially if you are new and just getting into it. You will definitely benefit from all of the tips in this book. The drink I loved making the most was the chocolate raspberry smoothie. Very delicious and easy to prepare. I enjoyed the fact that the author made the ingredients very easy to read and understand. Also seeing pictures definitely gives this book a plus. The orange beef stew I thought was delicious and I recommend you try this one first. The book first explains what is a keto diet. The history of it, how it works, and how you can benefit now. Then it dives into all of the recipes.

Yes, no more counting calories! I love this book and the tips inside it. It helped me understand foods more and how they impact our fat loss and overall health. I totally hate counting calories, it makes

me feel deprived of all the foods I want to eat. I just can't help it. But a ketogenic diet switch is really worth it. What it takes is portion control and proper training. I'm also crazy about the Keto diet shopping list in this book for the 4 week action plan. A must-have!

Losing weight can seem like a herculean task for many people. Gorging on all the fried patties along with greasy pastas and pizzas can make you frown when you step foot on a weighing scale. However, things are now looking brighter for individuals looking to shed those extra kilos. Ketogenic diet lets them do that. This book authored by James Franz tells you what ketogenic diet is and how it works. It also tells you what happens to your body when you are on a ketogenic diet. Along with all the valuable information, there is a 4-week 'Ketogenic Meal Plan' for beginners who are seriously contemplating losing weight. An awesome book!

I have been reading books mainly about weight loss and how to eliminate fats and excess carbs in the body and this one caught my attention. There are thousands of ketogenic diet books out there but this one is one of my favorites because of its simplicity and easy to follow regimen. The recipes are superb and delicious which ironically became my new cravings. Aside from its awesome taste, I do not have to keep worrying about gaining weight because of its nutritional contents. This recipe cookbook is very neat and well organized and not to mention, it has pictures of the outcome of the meal as you try to prepare it.

Still trying to figure out why I bought this book.....The writer appears to have "borrowed" 80% of his recipes from Ruled.me. Go to that site and get your 30-day plan and a ton of recipes for your Keto diet.

This cookbook does require some planning of meals, but it has tasty, more original things than some. It is beautifully done and we have enjoyed it tremendously. I cook all of our food from healthy, organic, grass fed whole ingredients already, and have done so for years and this book just fits right in. I normally make my own food and have always been told I was a very good/great cook. With this one, I'm following the recipes as closely as possible because I'm just learning about keto.

I have read how powerful the Ketogenic diet is. But this book has still given me so much about it. I think this book will be able to help a lot of dieters out there, especially those adhering to the Ketogenic Diet. It has offered 21 days of rapid fat loss. How amazing can this be? I find this book

detailed and clear enough in its discussions. And one of the topics that got me really interested is the one about "A new understanding of foods, and how they impact your fat loss and health." This has enlightened and educated me too. I think this book must stay in every dieter's library.

The book will not only explain to you what ketogenic diet is but will also help you lose those unwanted pounds through the given proven steps and suggestions that you could follow to remove those unwanted fats. I agree with the author with so many facts that he stated about the keto diet and with the difficulty that human's face whenever they feel bloated and ugly. The recipes and recommendations here can really help someone shed those extra pounds. That's why I am excited to follow it. :)

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