



## Ketogenic Diet: The Essential Guide for Beginners to Living the Keto Lifestyle (Weight Loss, Fat Loss, Low-Carb Diet, High-Fat Diet, Keto Guide, Recipes, Keto Diet for Beginners) (Paperback)

By Amanda Tyler

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you ever looked in the mirror and wondered if you could ever lose those fats and get yourself an awesome physique? How about being free of conditions like high blood pressure and less than ideal cholesterol levels to enjoy a wholesome, healthy and active life? If that sound good to you, get ready to dive into the world of the ketogenic diet! Mounting scientific research is confirming that eating a ketogenic diet could represent one of the greatest nutritional breakthrough of our time - and that it might be the healthiest and most effective weight loss strategy ever. Going keto by eating high fat, low-to-moderate protein and low-carb foods enables you to break free from the disastrous effects of carbohydrates dependency by resetting your metabolism and promoting metabolic flexibility - where your body learns to burn fat instead of sugar for energy, even when you go off plan. Equipping you with easy-to-follow meal plans, shopping lists, and need-to-know info about the keto lifestyle, this book is your all-in-one resource for starting and sticking to the ketogenic diet. Key into keto and...



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