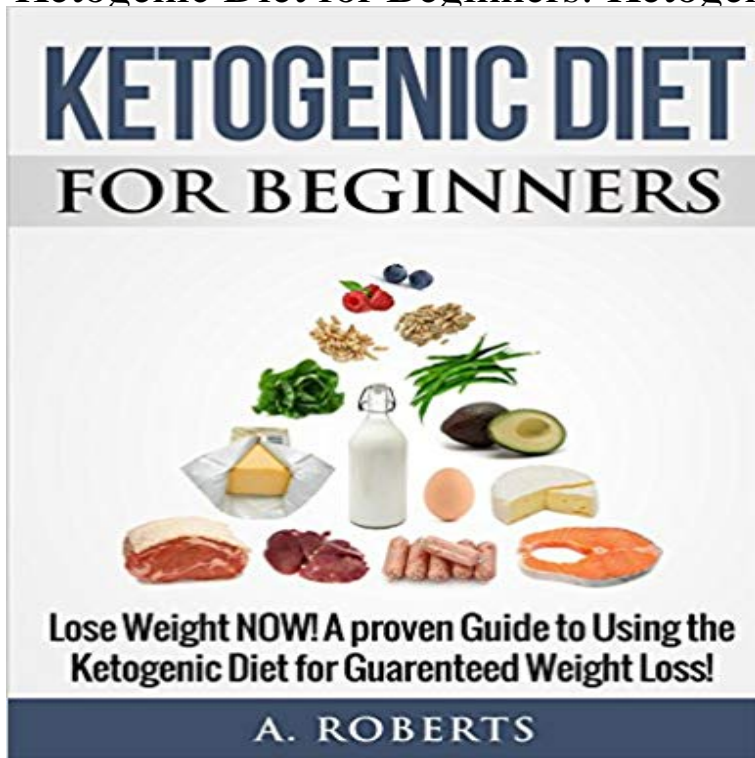


## Ketogenic Diet for Beginners: Ketogenic Diet for Beginners



Take action today and change your diet for unstoppable weight loss! I want to congratulate you. The fact that you are reading this book description tells me that you are going to invest in one of the most important areas of your life your health. Everyone knows that its important to pay attention to your diet yet most of us dont. In the busy world that we live in, more often than not, we do not take the time to think consciously about what we are putting into our bodies: fast and processed foods, fatty meats, highly refined carbohydrates. This leads to a cholesterol level that can get out of control, and often times to a big belly. Most people do not take action to improve their health until they have concrete problems such as diabetes, cancer, stroke, or heart diseases. You dont want to be in this position. Take action and prevent yourself from suffering the consequences later in your life - dont be in reaction! Now is the time! If you are overweight and you already have one of the problems, turn your health around! Fortunately, its not nearly as overwhelming as youd expect it to be. Even if your body mass index is in balance, the ketogenic diet will help you to get rid of abdominal fat and look ripped and fit! In fact, the results you can achieve by using the ketogenic diet are fantastic! To find out more download today! A Sneak Preview of the Ketogenic Diet for Beginners: The Ketogenic Diet explained in detail Finding YOUR Motivation to Change The Principles of Ketosis What to Eat on a Ketogenic Diet What to Avoid in a Ketogenic Diet Advantages of a Ketogenic Diet Sample Meal Plans Much, much more! Simply scroll to the the top and download your copy today to get instant access! Take action now and find out everything there is to know about losing weight by using of the Ketogenic Diet!!

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recipes, all breakdowns of final **What is the Ketogenic Diet? A Comprehensive Beginners Guide A Low-Carb Diet for Beginners - Diet Doctor** Dec 29, 2016 Bottom Line: The ketogenic diet (keto) is a low-carb, high-fat diet. It lowers blood sugar and insulin levels, and shifts the bodys metabolism **Keto Diet Plan For Beginners Step By Step Guide Keto Size Me** Editorial Reviews. About the Author. Sarah Joy is a bestselling-author from Florida. For twenty A Sneak Preview of the Ketogenic Diet for Beginners: **How to Start a Keto Diet 101 - A Beginners Guide to the Ketogenic Diet** Here they are, from most to least important: Restrict carbohydrates to 20 digestible grams per day or less a strict low-carb diet. Restrict protein to moderate levels. Eat enough fat to feel satisfied. Avoid snacking when not hungry. If necessary add intermittent fasting, like 16:8.