

[PDF] The Complete Ketogenic Diet For Beginners: Your Essential Guide To Living The Keto Lifestyle

Amy Ramos, Amanda C. Hughes - pdf download free book



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Description:

Lose weight and keep it off with the straightforward guidance and simple recipes in *The Complete Ketogenic Diet for Beginners*—your all-in-one resource for starting and sticking

to the ketogenic diet.

Eat healthier, lose weight, trim your waistline—if only it were as easy as it sounds. As nearly one-third of Americans know, picking a diet that you can stick to is not just about changing the way you eat, it's about changing your lifestyle. That's why *The Complete Ketogenic Diet for Beginners* shows you the lifestyle benefits of the Ketogenic Diet via easy to follow meal plans. Packed with everything you need to know to make your body burn fat for fuel, plus delicious recipes that you will actually enjoy eating, this guide is your key to keto.

The Complete Ketogenic Diet for Beginners cookbook contains:

- **75 Easy to Follow Recipes** using five main ingredients or less for every meal
- **A Complete Overview** explaining the fundamentals of the ketogenic diet, advice for living the keto-lifestyle, and a complete two-week meal plan
- **Handy Charts** illustrating calories and nutritional information

Endorsed by the Mayo Clinic and others in the medical community, the ketogenic diet has been proven as a healthy, effective way of achieving weight loss, as it consists of low-carb, high fat foods that prompt the body to burn fat for energy instead of glucose.

Learn how losing weight and leading a healthy lifestyle can actually feel as good as it sounds with *The Complete Ketogenic Diet for Beginners* cookbook.

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