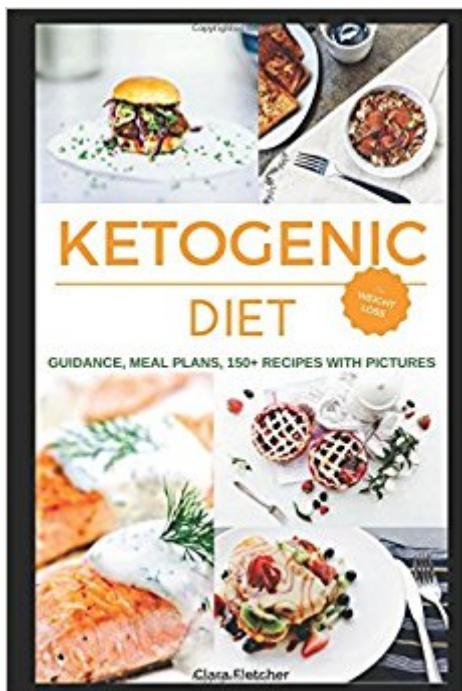


The book was found

Ketogenic Diet Weight Loss Recipes (150+), Meal Plans (for 12 Weeks), Guidance; The Most Complete Keto Diet & Cookbook



Synopsis

Please note that the PICTURES in the Paperback version are in BLACK & WHITE. Only the Kindle version of this book comes with full-color pictures. When purchasing this Paperback version, you can have the Kindle edition for only \$1.99. Originally designed in the 1920s by researchers at Johns Hopkins, the ketogenic diet is a low-carb meal plan that was made for epileptic patients which showed that fasting, or avoiding food for a certain amount of time, helped reduce seizure occurrences. It also helped reduce fat, blood sugar, cholesterol, and hunger levels, since the fasting required avoidance of all foods, even carbohydrates. Since long-term fasting isn't a healthy option, they developed the keto diet to mimic the benefits of fasting. In simpler terms, this diet tricks your body into thinking that it's fasting since you're getting rid of all of the sugars found in carbohydrate foods. Today, it has several names aside from the ketogenic diet, such as a no-carb diet or a very low-carb keto diet. What does keto mean, though? Using a keto diet sends your body into a state of ketosis, where your body gains its energy from ketones in your blood instead of using the sugar in your blood to create energy. The glycolytic state does this, but the ketosis state is what helps your body when you following a ketogenic diet.

Book Information

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Customer Reviews

If you're considering starting a nutritional ketogenic diet, you have come to the right book. Great illustrations and explanations of all you need to know about the keto diet. Thanks Clara for all the obvious love and hard work you put into this project!

This is a big book with tons of tasty keto recipes. Great explanation of the ketogenic diet and keto way of eating, but without fillers and bloatware. I love the writing style of this author because it's very clear and easy to read.

I bought this book for the information, but didn't expect it to look like I printed it out myself. If you're a visual person like me, and want to see colorful food with a presentable paper quality....skip this book. You'd be better off printing recipes from Pinterest and stapling it together.

I honestly didn't expect the book to be full of this much information, especially a 12-week meal plan. I love how it explains everything you need to know if you are interested in Keto. The 150+ recipes are great if you love to diversify your meals. Not to mention that each of these recipes comes with a picture, a complete ingredients list and some very straightforward instructions.

This book is not just about ketogenic diet recipes. It comes with meal plans and some interesting information about the keto diet. Therefore, I consider that it will help me a lot in my quest to stick to this diet. PS: Each recipe comes with a picture and with some nutrition information.

My husband has done low carb for over a year and he was sick of the boring meals I made. I convinced him to switch to the keto diet (which is not very different) and purchased this book, too. He is very happy now and this is mainly because of the multitude of recipes inside this cookbook. The meal plans are also very helpful.

I am frustrated by this purchase. I love and I buy a lot of Kindle books through them. However, this book has weekly meal plans that you are supposed to be able to click a link to the recipe and it should take you to that recipe. The links do not work on any device. Had I known that would happen I may have just purchased the hard copy.

Such a great book for those wanting to start the ketogenic diet. It provides important information on how to achieve a healthy weight loss, it comes with hundreds of recipes and it is easy to read and follow.

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