



## Ketogenic Diet: Beginner s Guide with 30 Recipes Includes 10 Bonus Recipes

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By Janice Garcia

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everyone wants fast results, especially when it comes to weight loss. Some cut down on carbs, while others go on a total crash diet just to get their body fats out. But have you ever thought about losing weight without actually having to undergo harsh dieting? Yes, that s possible with the ketogenic diet! Of course, every diet program has its ups and downs, so as the ketogenic diet. However, despite the many controversies that surrounds it, the positive points of the diet outweighs the negative ones based on the great number of studies conducted on low carb or ketogenic diets. Overall, the ketogenic diet can be described as eating meat in controlled portions, low carb foods and high-fat foods. But deciding what to eat can be difficult especially if you are a beginner. For every person who wants to eat healthy and live longer, the recipes in this book are the best ones to make. You can share these with your family and friends and have a fit and healthy mind and body. Staying healthy is a...

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