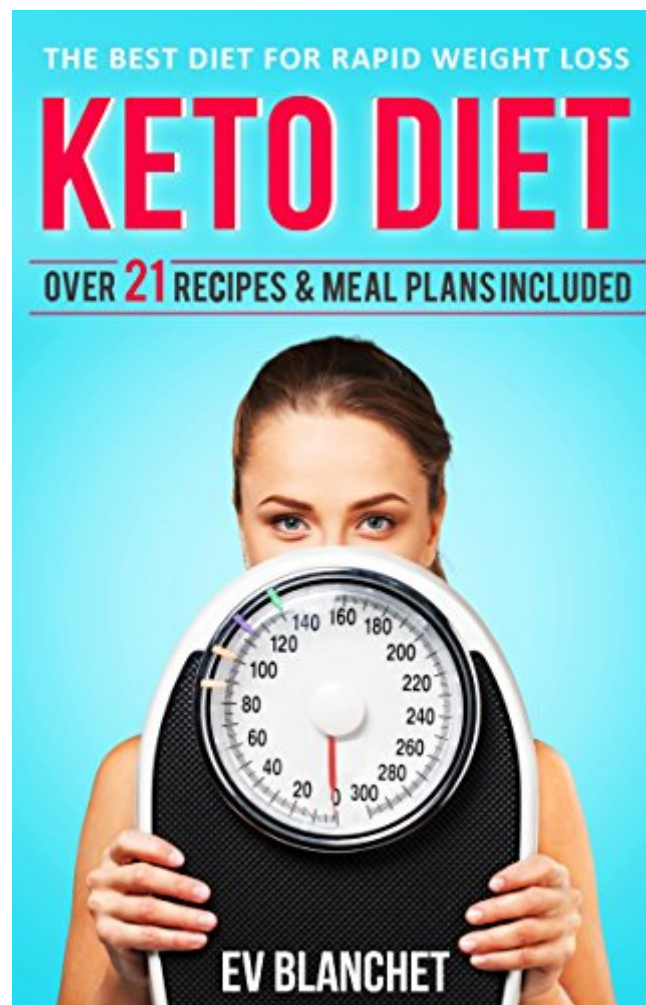


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# **Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods)**





## Synopsis

Start Losing Weight And Feeling Great With The Ketogenic Diet! Today only, get this bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book contains proven steps and strategies on how to lose weight while on the ketogenic diet. Everyone's ideal diet is a diet that actually works; a diet that helps you burn body fat and keep you fit, a diet that actually helps you lose that stubborn fat and excess weight. If you are looking for such a diet, look no further: the Keto diet is here for you. The keto diet has taken weight loss to a completely new level with many people claiming its success in helping them lose weight. If this diet seems like something you would like to adopt and use to lose excess body fat, this book will show you how to do that. Created as the ultimate Ketogenic diet book, this guide outlines everything you need to know about the ketogenic diet, ketosis and how to get into it, the foods to eat avoid while you are following the ketogenic diet, and everything else you need to know about how to implement this diet for rapid fat loss. Here Is A Preview Of What You'll Learn... Keto Diet: A Comprehensive Background About Ketosis Achieving Optimal Ketosis: The Foods To Eat Achieving Optimal Ketosis: Foods To Avoid How To Get Into Ketosis - Fast: Invaluable Tips Going Keto: The Scientifically Proven Benefits, Logical Expectations, And Possible Side Effects Common Keto Diet Mistakes You Should Avoid Keto FAQ Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$0.99! Tags: ketogenic diet for weight loss, ketogenic diet for seizures, ketogenic diet for weight loss, ketosis meals, ketones diet, epilepsy diet, ketoacidosis diet, low carb high fat diet, paleo diet, ketogenic diet meal plan, ketogenic diet foods

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## Customer Reviews

Keto Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes and Meal PlansBy EV BlanchetI found this book by EV Blanchet to be an excellent introduction to the Keto Diet. Originally developed in the 1920s for the treatment of epilepsy. While our bodies usually fuels with the burning of sugar, this diet makes the body burn fat. By lowering our carb intake. There are some excellent tips as well as recipes to prepare tasty meals. I found the book to be well written. I cannot wait to try some of the smoothie recipes. I know that with today's fast paced life, that this diet plan will help many people who suffer from diabetes. According to research many of the people who go on this diet and stick to it find that they are no longer diabetic. The author does a great job with giving the development and presenting the information in an easy to understand way. Rather than treating a problem with medicine this diet goes directly to the source and changes the fuel for the body to treat the problem rather than applying a band-aid fix. Anytime we can treat something in a natural manner, there are health benefits. I rated this book a solid 5 star rating. I look forward to reading more by this talented author. Well written.

I didn't know a lot about the Keto Diet until I downloaded this informational guide. In addition to the diet itself, author EV Blanchet also provided some information regarding the history. It didn't come into existence like most weight loss diets do. Instead, the Keto Diet was initially designed to help epileptic patients all the way back in the 1920s and 1930s. And while it didn't stick around of long in the realm of epileptic treatments, it was proven to be effective for weight loss and nutrition. Other useful information included how the Keto Diet stacks up against other popular weight loss and nutritional plans like the Paleo Diet, Vegan, and the always popular Atkins Diet. The real point of the Keto Diet is a reduction in carbs while upping the consumption of proteins and fats. Increasing the amount of fats sounds crazy, but the information

Blanchet provides supports the notion that it will work. Achieving optimal ketosis means avoiding certain foods. A list of what to avoid and what to eat is provided, along with tips to get to where you want quickly by eating less than 20g of carbs a day and drinking at least 100 ounces of water. Other benefits of the Keto Diet includes possibly reduction of cancerous cells, improved skin appearance, and increased metabolism. In addition to what to eat and possible side effects, there is a section of recipes that work well with the Keto Diet. As mentioned, I had not heard very much of the Keto Diet before this book, but I'm sold and ready to give it a try.

I had never heard of the Ketogenic Diet before but I was told to grab a copy of this little gem by a friend of mine that started this diet about a month ago and has lost 21 lbs, she swears by it. Now that I have read it I will definitely be trying this one out, it seems to give great results and I am a results kinda girl. Thank you Ev for taking the time to write and research this out for us. I will also be passing this on to all of my other friends and telling them how wonderful it is!

I have been reading this "Keto Diet" cookbook all day and found it very helpful. This book has over 21 recipes and meal plans included for weight loss as well as maintain healthy lifestyle, also this recipe book is very effective for those who starting out ketogenic way of everyday life. This book is nicely written by E Balnchet and easy to follow all the instructions provided in this book for losing weight. I love this book and recommended

Before I read this book I must confess that I had no idea what the Keto diet was. I learned that the real point of the Keto Diet is a reduction in carbs while boosting the consumption of proteins and fats. This diet was made to treat epilepsy and other illnesses; it was not just created for weight loss. The book has recipes and nutrition guides. It talks about fast results and being able to keep the weight off. It is not your gimmicky kind of diet, this is the real thing!!

I've been collecting information on the keto diet for a few weeks now, and this is one of the better resources I've found. For me, the recipes and meal plans in this book are key. The concepts of the keto diet aren't that hard to understand, but the practical aspect of it (what exactly should I be eating, and how should I make it?) aren't covered by many books out there, so I appreciated this one.

Easy to read and understand. If you are considering the Keto diet this is a must read. Good luck on

your journey

There's some excellent recipes and information.

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