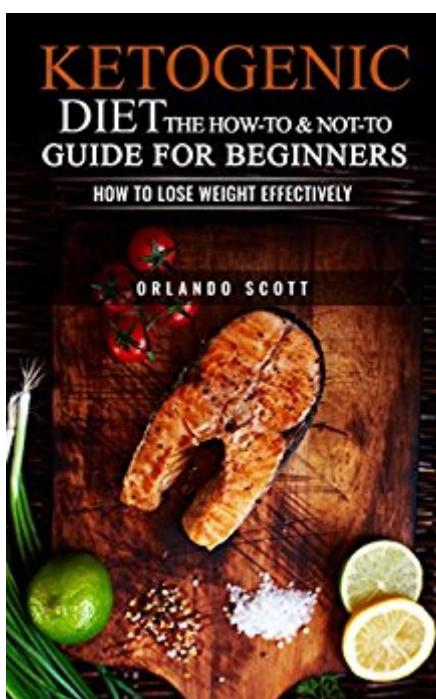


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# **Ketogenic Diet: The How To & Not To Guide For Beginners: Ketogenic Diet For Beginners: Ketogenic Diet For Weight Loss: The How To & Not To Guide For Beginners**



## Synopsis

\*\*Edited\*\* 12/9/16 Improved content, understandability, proof read 12/9/16 Free Bonus "Ultimate Drink Recipe Series" includedDid you know that there are many proven benefits of The Ketogenic Diet ? They include...Drop in blood sugar and insulin levels Weight lossFreedom from food fixationReduction of appetiteLowering of blood pressureWanting to start the Ketogenic Diet but don't know how to beginThis book contains proven steps and strategies on how to use the low-carb, high-fat Ketogenic Diet as a weight loss method. It is one of the most effective diets for weight loss available today. It's easy to follow and offers many health benefits, too. This ebook offers a guide on what to do and what not to do in a Ketogenic Diet, how to create diet plans and how to kick-start a workout routine. Don't do it WRONGMany people out there are not achieving the results they want simply because they just aren't doing things correctly. You can't expect to just buy a Ketogenic Cookbook, cook and eat everything that is written in there and expect to lose weight. You MUST understand that there are strict guidelines to follow and in order to follow a diet plan properly. You have to understand the rationale behind doing certain things. At the start, get it right, only change it accordingly to your likings once you are familiar with it.Dining out while on a Keto Diet? NO PROBLEMOf course, we can't set a rule that all people following the Ketogenic Diet have to stay at home everyday and cook their own meals. Its obvious that we all have social commitments where we dine out with our family or friends. This is a common problem Ketogenic Diet practitioners face but certainly there is a way around it.Weight loss with no excercise explainedIt may sound a little too good to be true but this has been proven many times by Ketogenic Diet practitioners that weight loss without excercise is a REALITY. There are many scientific explanations to this which we will go into greater detail such as explaining the state of ketosis and appetite suppression. Of course, excercise obviously improves your rate of weight loss which we will also cover.What else you can expect to learn...Origins of the Ketogenic Diet dating back to the 1920sThe study about using Ketogenic Diet for weight loss & health What to do in a Ketogenic Diet for a complete beginnerAllowed and not allowed foods7-Day Easy-To-Follow Ketogenic Meal Plan with Breakfast, Lunch & Dinner ReccommendationsFrequently Asked Questions ANSWERED and Much, much more!Scroll up now and click the buy button to begin your Ketogenic Adventure !

## Book Information

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## **Customer Reviews**

I am happy with my purchase of this "Ketogenic Diet: The How To & Not To Guide..." book. This is a good book to learn the basics about the Ketogenic Diet. I wanted to know more about the Ketogenic Diet before investing too much money into a diet that I wouldn't be interested in or able to follow for very long. I really liked the part where they explained how the Ketogenic Diet came about in the first place. That was very interesting and I had no idea that this diet had been around for so long. I also liked the detailed explanation about the various types of Ketogenic Diets. This diet has more variations to choose from than I knew existed. Therefore, you can choose the variation that fits your needs. This book has given me the information I needed to make an informed decision on the Ketogenic Diet. And now that I know the basics about the Ketogenic Diet, I don't mind investing more of my time and money into finding resources that will give me more detailed Ketogenic Diet plans and recipes.

I purchased this book The Ketogenic Diet The How To and Not To Guide for Beginners By Orlando Scott because I am following a Keto group on facebook and although it is a great support group I like to read all I can on the diet for myself and advice on my FB posts. I have it on my kindle which I love to use and this book explains how to use low carbs, high fats, what to do, and what not to do with steps and strategies to get your weight loss on the right track. I am doing great on my weight

loss, down 8 lbs my first week! I am very pleased with this book and would recommend it to anyone wanting to do the Ketogenic diet. This is my honest opinion and review of this book.

A thoughtful Google search will reveal more than this book. It is large fonted, includes spelling and grammar errors and provides absolutely no knowledge that can't be found with about 5 minutes of internet time. Very disappointed. Why is this stuff allowed to be sold? On the positive side, it has inspired me to write a book...because apparently anyone can

Ketogenic diet is one of the most popular diets these days. If you want to start keto diet this is the book you should grab first. It is guided more towards beginners and explains everything you need to know before diving straight to recipes. It covers basics, all the benefits that you have no idea that exists, do's and don'ts. One thing that I missed was not that informative recipes in a meal plan section. That's my only complain. Liked FAQ section at the end though.

This is a printed form of an eBook. Everything in the book can be found via a google search for "Ketogenic Diet". At one point the author even referred the readers to the internet for more information. I should have saved my \$12 and stuck to my internet research.

I need to shed a few pounds and a friend of mine has had success with the ketogenic diet. I started the course a few days ago and already feel better- i swear my jeans are more loose! The recipes are great and i don't feel like i'm on a diet. I also notice how much further information the author includes- for example he details the specific steps of how to stay on track and various tips which will help stop you from falling off the bandwagon!

I know ketogenic diet already but I just want to learn more about it. This book has given me insight the ketogenic diet. The biggest benefit of the keto diet is weight loss. The author has explained it very well. The keto recipes are really good. These recipes are rich in taste but easy to prepare. I have tried a few from these recipes and found them really yummy. I think I have got the best book and it will definitely assist me to lose extra fats.

As someone who is not very familiar with this diet I thought it was excellent at explaining what it is all about. There was good detail on what to eat and what not to eat. Not only does this diet help you lose weight, there are many health benefits as well and this book lists them all. There is also a great

7 day meal plan to get you started. I recommend!

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Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Ketogenic recipes, Ketogenic Cookbook for Weight Loss, Ketogenic Cookbook for beginners) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic

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