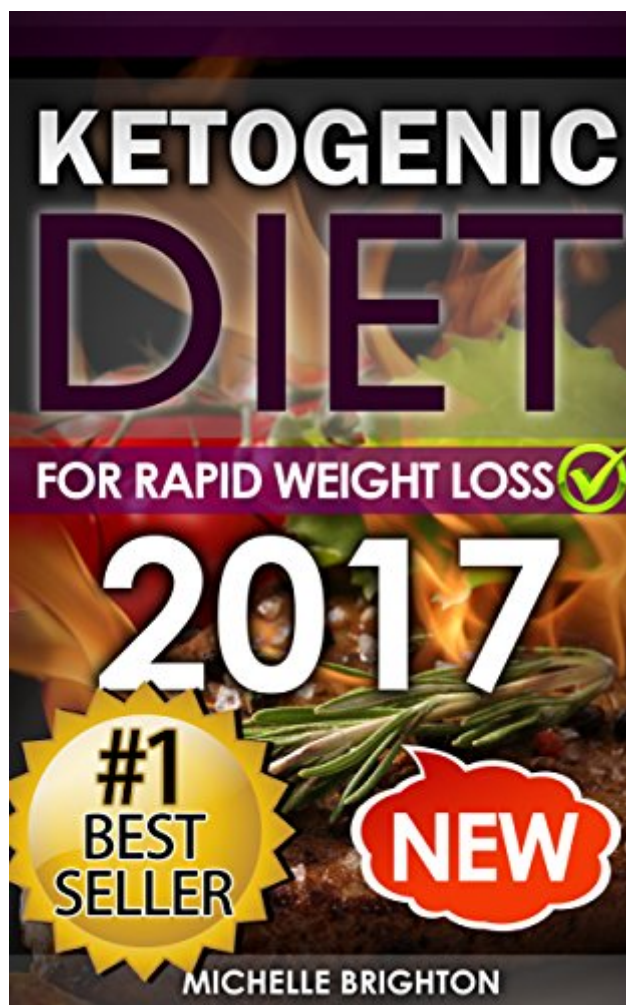


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Ketogenic Diet: For Rapid Weight Loss: Recipes And Mistakes To Avoid



Synopsis

Lose weight where it counts - without starving yourself!***SPECIAL OFFER!!!** LIMITED TIME OFFER 40% OFF (Regular Price \$4.99)Are you sick of fad diets? Overweight, or just want to live a healthier lifestyle? For many people, losing weight while maintaining a normal lifestyle seems like an impossible dream. We all know that what we eat is most of the battle, but how do we win that battle?We have the answer. You need to try it. No more excuses! In this book the critically acclaimed wellbeing coach Michelle Brighton will share with you her secrets on how to slim down and feel fab.This book will provide you with the following key resources:The MUST KNOW fundamentals and elements of how to implement the ketogenic dietHow to determine if the ketogenic diet is safe for you How to make a clean break and stick with itOur exclusive cheat sheets on common mistakes (and how to avoid them!)Delicious variety of recipes for all situationsand much much more!Don't keep making excuses. Don't wait until Monday. Give yourself the gift of looking and feeling great right now!***SPECIAL OFFER!!!** LIMITED TIME OFFER 40% OFF (Regular Price \$4.99) This #1 Best Selling Critically Acclaimed Book is now available Globally on - Download it Now!

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Customer Reviews

Honestly this is a very small book with very large font...and it includes 5 recipes for pancakes/waffles... out of 42 recipes. The information in the beginning of the book is very confusing. Under foods not to eat it included, bananas, cocoa and Splenda... but these are included in some of the recipes. Since this was my first book about this subject, I guess I was looking for more complete information and not quite so vague. If I could get my money back, I would.

A lot of contradictory information and a lot of "we'll discuss that later" that's never mentioned again. This appears to be a rush job to capitalize on the ketogenic trend. Don't waste your money, this book doesn't cover anything that you cant find easily on the internet.

long intro, few recipes & no new info...sad to say, i wish i had passed on this book.there was a formula offered to calculate daily caloric intake - helpful, but could / should have included examples, as math was not clear (missing rules of math, such as parentheses).as a matter of fact, a few individual "actual" examples of average age/weight/height/gender folks would have served the reader well, especially getting started on such a new diet venture. maybe these could be added as an appendix later to enhance the book & the reader's experience.

I am really very excited to get this book. This book is one of the best Ketogenic diet.This is a wonderful it helps to reduce your weight, achieve a flat belly, loss weight with using Ketogenic diet. This book is a complete introduction about ketogenic diet and this book tells what is the difference from other diet that is really amazing and very informative.. This book also help to boost your metabolism and make you healthy. The Author briefly describe easy ways to reduce your weight and makes you healthy. Very easy to read and learn. There are given different easy steps which you can easily follow. In this book there are different recipes for your meal, these recipes really very delicious and you dont worry these recipes also help you to make healthy.Recommended to all.

To start a keto diet, you will want to plan ahead. That definitely means having a viable diet plan ready and waiting. What you eat really depends how fast you want to get into a ketogenic state. The more restrictive you are on your carbohydrates, the faster you will enter ketosis. I will try this ketogenic diet to lose weight easily and having a healthy lifestyle.

I bought this book because I thought it was up to date on Keto diet. I have spent the last month

researching this diet. By far, I feel this book provided me with recipes that had way too many ingredients, no macros listed. Confused in a chapter that said to try and stay away from broccoli but it's ok to eat some beets. Just didn't make sense from the info I've received while researching this diet. I honestly don't think it deserves 1 star.

This book was a WASTE of my money. I thought it was great until I got to the recipes. After spending time calculating how many calories I should have per day, carbs, fats, and protein I was excited to look at the recipes and get started. Unbelievable but recipes have NO NUTRITION INFORMATION AT ALL! No serving size, no calories, no carbs, no fat, no protein information. Did I miss reading something in the book that explains how to incorporate them? If I hadn't marked in the book as I was reading it and didn't want to waste more of my time returning it I sure would be. DON'T WASTE YOUR MONEY ON THIS ONE.

I know this way of eating works really well. Met many people who have lost 100 pounds within a year. Still trying to decide if I have the will power. Make sure you read more info than just this one book so you have good knowledge about the plan.

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